

Hafa Adai!

60-plus CNMI companies meet 'SafeTravels' standard. PAGE 2
Saipan Vegas shuts down its golf course. PAGE 3

\$1

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Atalig on CNMI Stimulus Cards

By DAVID ATALIG
Special to the Saipan Tribune

David Atalig is the Department of Finance secretary of the CNMI government.



The Department of Finance has been informed of reports of several taxpayers being charged fees on their recently issued CNMI Stimulus Cards. My team has been in contact with the prepaid card partner and its CEO about claims on social media from several taxpayers being charged fees related to the use of the CNMI Stimulus Cards. They have confirmed that no fees have been charged from the banking side as of 7am ChST this morning.

I am aware that payments to car rental agencies had fees reported, but these are normal "security holds" placed on cards until the car is returned without any damage as per standard car rental policy. Other fees to certain phone providers have been reported, and they are working in resolving that.

Please be aware that this is the CNMI's first time rolling out this kind of program in order to stimulate the local economy directly by keeping money circulating on our islands for essential needs and to support local businesses. The Department of Finance will ensure that we get to the bottom of this and that no fees be charged to our taxpayers.

This administration is focused on making sure every Commonwealth taxpayer gets the full benefit of this local stimulus. Again, my team is fully prepared to investigate every claim to ensure that no fees are being charged by our banking partners or businesses in order to protect the taxpayer.

If you have a fee to report, submit copies of receipts, along with your card information via email to stimulus@dof.gov.mp, and we will make sure your claim is resolved in a timely manner.

The Department of Finance will update you through our website and local media partners as we get more information.

Thank you for your understanding and patience as we work expeditiously to resolve this. We remain dedicated to supporting our community through this program.

80% now had 1st shot

By JOSHUA SANTOS
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REPORTER

Eighty percent of the CNMI's eligible population has now received their first COVID-19 shot, bringing the Commonwealth a step closer to herd immunity.

Commonwealth Healthcare Corp. chief executive officer Esther Muña announced this progress in a Twitter post on Saturday and she said in a later interview that, based on

» CNMI aims to achieve herd immunity three weeks from now
» 3 more new positive cases

current trends, the CNMI can expect to reach 80% fully vaccinated—when it can claim
See 80% on Page 4

It's Torres-Sablan for GOP in '22

By FERGIE DE LA TORRE
ferdie_deltorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres announced yesterday afternoon at his home in As Teo Senate floor leader Vinnie Vinson

» GOP board endorses candidates for 2022 gubernatorial election

Flores Sablan (R-Saipan) as his running mate for the November 2022 gubernatorial election.

In presenting Sablan as his running mate, Torres described the senator as a "man of integrity."
See GOP on Page 4



Gov. Ralph DLG Torres and Senate floor leader Vinnie Vinson Flores Sablan (R-Saipan) are joined by family members on the stage during the announcement yesterday afternoon of Sablan as Torres' running mate in the 2022 elections.

FERDIE DE LA TORRE

COMMUNITY VULNERABILITY

LEGEND:

- Red: Least safe
- Orange
- Yellow
- Blue
- Green: Safest

Source: Office of the Governor

AT A GLANCE

As of 7:53pm, Aug. 15, 2021

VACCINATIONS IN THE CNMI

Eligible Population Fully Vaccinated: **74.8%**

Days since last community transmission **145**

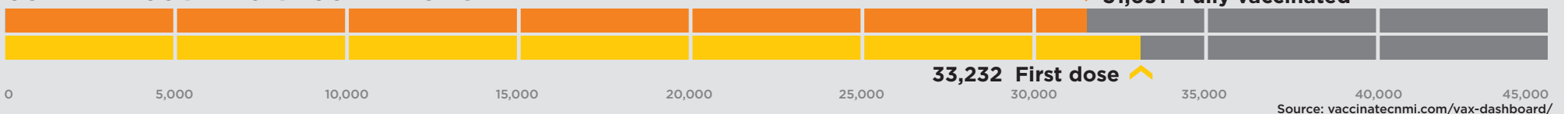
| Pfizer/BioNTech | |
|-------------------|--------|
| Initiated: | 28,811 |
| Fully Vaccinated: | 26,874 |
| Moderna | |
| Initiated: | 4,421 |
| Fully Vaccinated: | 4,161 |
| Janssen | |
| Fully vaccinated: | 656 |

| GUAM | OLD | NEW | TOTAL |
|-----------|-------|-----|-------|
| Positive | 8,865 | 46 | 8,911 |
| Recovered | 8,409 | 29 | 8,438 |
| Active | 284 | 46 | 330 |
| Deaths | 143 | 0 | 143 |

| SAIPAN | OLD | NEW | TOTAL |
|--------------------------------|-----|-----|-------|
| Positive | 211 | 3 | 214 |
| Traced via Travel Screening | 174 | 3 | 177 |
| Traced via Community Screening | 37 | 0 | 37 |
| Deaths | 2 | 0 | 2 |

Source: Joint Information Center - Guam, Commonwealth Healthcare Corp.

CURRENT COVID-19 VACCINATIONS



INSIDE



LOCAL
Family and friends of Sophia A. Demapan hold a protest rally across the Guma Hustisia on Friday.

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BUSINESS
Saipan resident David Hood has purchased 100% ownership of Marianas Coffee Co.

PAGE 11



WORLD
A powerful magnitude 7.2 earthquake added to the misery in Haiti, killing at least 304 people.

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TEL: 235-6397 / 235-2440 FAX: 235-3740 EMAIL: editor@saipantribune.com

Local

The CNMI's first marijuana lounge now operating

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

The CNMI Cannabis Commission has issued a retailer license and the CNMI's first lounge class 2 license to a

Common Wealth Cannabis LLC general manager Alexis Hofschneider explains how patrons can use their two lounge rooms in western Garapan during a media tour last Friday.

FERDIE DE LA TORRE

company in western Garapan for marijuana operations.

Cannabis Commission acting managing director Janina Maratita said Friday that the Lounge Class 2 license was issued to Common Wealth Cannabis LLC last July 21.

Maratita said the Lounge Class II license permits a licensee to allow consumers (21 years of age or older) to bring marijuana items to the licensed premises for on-site

consumption.

Maratita said this is the first lounge approved.

At the same time, Common Wealth Cannabis has a retail shop where patrons can go and purchase marijuana items and either smoke it at the lounge or take it home.

"They have a very unique business in the industry right now where you can purchase from the retail shop and then

bring it over to their lounge and consume it in the lounge area," Maratita said.

She disclosed that there is another pending lounge application.

Maratita toured the media Friday morning inside the Common Wealth Cannabis retail shop, and two-room lounge—Chill Out and Dream Big—located across

See **LOUNGE** on Page 4

60-plus CNMI companies meet 'SafeTravels' standard

Over 60 companies throughout the Marianas have met the enhanced safety standards of the World Travel & Tourism Council's "SafeTravels" program, the world's first ever global safety and hygiene stamp for the industry.

According to WTTC's website, "the SafeTravels Stamp was created for travelers to recognize destinations and businesses around the world that have adopted the SafeTravels health and hygiene global standardized protocols."

"The WTTC 'SafeTravels' Stamp is globally recognized and provides a level of confidence for both the tourism trade and consumers that the Marianas has a high standard of COVID-19 safety protocols and guidelines in place," said MVA managing director Priscilla M. Iakopo.

The program was designed specifically to address COVID-19 and similar outbreaks and is based on four pillars: operational and staff preparedness, ensuring a safe experience, rebuilding trust and confidence, and implementing enabling policies.

Since the program launched in June, the Marianas Visitors Authority has certified that 63 companies on Saipan, Tinian, and Rota have met all requirements of the worldwide program, including COVID-19 vaccination for all employees.

"Businesses are responding favorably to the SafeTravels Marianas program, and we thank them for the steps they are taking to better protect our local community and our visitors by aligning their COVID-19 Safety Guidelines and Protocols with the global SafeTravels Program guidelines," said Iakopo. "Travel has changed, and we are building on a strong foundation laid by our government and public health officials in ensuring the protection of our community and for visitors who wish to experience life in the Mari-

anas. The program will also be updated as needed to respond to any new information about COVID-19 or other similar outbreak. All customers can be assured when they see the SafeTravels stamp that the business meets a high level of health and hygiene, including vaccination of 100% of their employees."

The MVA is responsible for issuing the SafeTravels Stamp in the Marianas, and all certified companies are listed at www.mymarianas.com. Businesses who are certified under the SafeTravels Program are also eligible to participate in the CNMI Tourism Resumption Investment Plan Travel Bucks program, which provides qualified visitors with up to \$500 in Travel Bucks per island (Saipan, Tinian, and Rota) to be spent only at SafeTravels-certified companies.

The program is free, and applications are available online at www.mymarianas.com/clean-safe-marianas. Upon application and submission of business health and hygiene protocols, the CNMI COVID-19 Task Force will review each application. Businesses inspection will be conducted by the task force. Once your application and reopening protocols have been verified and approved, businesses will receive an email from the MVA to complete the vaccination verification form and submit a complete employee listing. As part of the Safe Travels Marianas program, all employees to be fully vaccinated against COVID-19. "Fully vaccinated" is defined as two weeks after completing the second dose of a two-dose vaccine or two weeks after receiving a single dose of a one-dose vaccine.

For a list of worldwide destination that have the "SafeTravels" stamp, visit wtcc.org/COVID-19/Safe-Travels-Global-Protocols-Stamp. (MVA)

ROAD TO 80

15 DAYS LEFT!

get vaccinated for a "shot" to win!

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Saipan Vegas shuts down its golf course

By **KIMBERLY B. ESMORES**
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REPORTER

The Saipan golf course, operated by MP Holdings LLC, owner and operator of Saipan Vegas Resort, was shut down last Friday as a result of the immediate imposition of Saipan Local Law 22-6, which essentially doubles license fees on e-gaming venues.

According to Gus Noble, Saipan Vegas Resort gaming consultant, MP Holdings is forced to close the Saipan Country Club golf course, the first golf course on Saipan, due to the harsh and unreasonable double taxation of e-gaming venues.

Along with the closure of the course, Saipan Vegas Resort also laid off the six maintenance staff who were tasked with the upkeep of the course.

"MP Holdings profoundly regrets to announce the closure of the Saipan golf course effective immediately due to the imposition of Saipan Local Law 22-6," he said.

Noble said MP Holdings has owned and operated the Saipan Country Club, along with its golf course, since 2016 and has maintained it for the last five years solely for the history of the course, even though it has never garnered revenue for the company.

"The golf course is a part of the CNMI's history. It was the very first golf course on Saipan and many golfers have fond memories of the course. MP Holdings has maintained it for the last five years despite

the fact that the golf course has never been profitable," he said.

Bart Jackson, MP Holdings general manager, said the company is forced to make this very difficult cost-cutting decision as a result of the enormous increase in operational costs.

"We are struggling to find solutions to our business sustainability. Saipan Country Club is a loss leader. It has never made a profit. In light of the huge increase in operating costs, closing the golf course will significantly reduce overhead," he said.

MP Holdings, Jackson said, continues to request the Saipan and Northern Islands Legislative Delegation to repeal the "unfair" and "harsh" local license fee and meet with them to discuss potential alternatives to this new tax.

"MP Holdings would like to meet with the delegation to discuss revenue generating alternatives in order to reach a resolution that balances the economic realities of the Saipan e-gaming industry, the delegation's objectives to support the Saipan community, and most importantly, the 70 employees and their families who will be impacted by MP

See **VEGAS** on Next Page

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Family of Marpi hit-and-run victim stages protest



Family and friends of Sophia A. Demapan hold a peaceful protest across the Guma Hustisia last Friday. **KIMBERLY B. ESMORES.**

By KIMBERLY B. ESMORES
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REPORTER

A week following the Superior Court's decision to try as a minor the alleged driver in the fatal hit-and-run that killed a 20-year-old woman along Route 30 in Marpi, the family and friends of the victim started a protest in hopes of getting justice for their loved one.

Last Friday, family and friends of Sophia A. Demapan led a peaceful protest across the Guma Hustisia at around 4pm. They were later joined by a handful of *JusticeForSophia* supporters.

The protestors held signs to raise awareness about Demapan's case while urging passersby to honk in

support.

The family intends to carry out their protest "until they get the answers they are searching for" and are determined to make sure that Demapan's case does not go cold.

Currently, the proceedings in the case of the driver who allegedly left Demapan for dead is still closed to the public as his case remains under the jurisdiction of the juvenile court.

According to *Saipan Tribune* archives, last Aug. 9, following a closed-door litigation between the defense and the prosecution that lasted over 30 minutes, the court decided to try as a juvenile the male suspect and, in doing so, sealed the entire case. This means the case and its proceedings will not be open to the

public, not even to family members of the defendant or the deceased.

Last July 27, at around 9:52pm, Department of Public Safety responded to a report about an unresponsive individual lying on the shoulder of Route 30 in Marpi, just north of the former Mariana Resort & Spa.

Saipan Tribune learned from a source that the caller, who lives nearby, was driving home at around 9pm when he noticed a body along the road. The caller immediately stopped to help and called the police for assistance.

At the scene, police noticed an unresponsive female resting on the shoulder of the roadway with tire marks nearby. The female was later identified as Demapan.

and Sablan share a similar journey, going from the House of Representatives and on to the Senate.

He said the senator loves his people, is compassionate, and that they always respect each other. "He cares for our people. He wants to give opportunity for the young generation," the governor said.

Torres believes his and Sablan's personality and their family background are the same. "That's why I'm confident that this team is the right team moving forward in this journey for 2022," Torres added.

The governor said they had actually planned to make the announcement on his 42nd birthday last Aug. 6, but because of the unfortunate passing of representative Ivan James Alfanso Blanco, they decided it wasn't the right time to do it.

"It was more important for us to honor his service on the day of my birthday," said Torres, referring to Blanco, who used to serve as his press secretary before becoming a lawmaker.

Torres deferred to Republican Party board president James Ada to respond when he was asked what would happen if Lt. Gov. Arnold I. Palacios, who is also a Republican, will also run as governor.

Sablan, 43, said it's been seven years of his journey of public service and that it's been a great ride. "There's no feeling that gives us most honor than for people to have faith in us and trust us and have confidence in us," Sablan said.

The Senate floor leader said he de-

cided to join the governor to continue the good work that he's been doing and to work on improving any other parts of the CNMI society that need improvement.

"Every day has [to be] better than yesterday and I think if we start for that, we can improve the quality of life of our people," said Sablan, pointing out that his goal is to continue public service on another level, platform, and stage.

Sablan, who was previously an independent candidate, was recently accepted to become a member of the Republican Party, which is the longest serving party in the CNMI.

Aside from being the Senate floor leader, Sablan chairs the Saipan and Northern Islands Legislative Delegation. He has previously served for two terms as House representative of Precinct 4.

Separately, Ada said in an interview that the GOP board—which consists of five members—has already unanimously endorsed the reelection bid of Torres and his partnership with Sablan.

"So they are the official candidates for the Republican Party," said Ada, adding that they made the decision yesterday.

As to the question what if Palacios will run as governor, Ada said their bylaw states that if the incumbent governor runs for re-election, they have to respect the party's bylaws. This means that if Palacios wants to run for governor, he has to do it either as an independent candidate or move to another party.

The police report stated that Department of Fire and Emergency Medical Services responders transported Demapan to the Commonwealth Health Center where she was pronounced dead at 1am.

According to Department of Fire and Emergency Medical Services responding officers, Demapan's body had multiple lacerations and deformities, multiple fractures and severe injuries to her head.

80%

From Page 1

herd immunity against COVID-19—three weeks from now, as roughly 2,200 individuals are scheduled to receive their second vaccine doses in the upcoming weeks.

"Herd immunity" refers to a form of indirect disease/infection protection that is achieved when a certain percentage of a population has become immune to an infection either through vaccination or past exposure to an infection/disease, reducing the chances of community spread and allowing those with no immunity to remain healthy without receiving a vaccine shot or being exposed to disease.

In related news, three additional individuals have been confirmed positive for COVID-19 from passenger arrival testing, bringing the total COVID-19 count for the CNMI to 214 individuals since March 28, 2020.

In a statement last Friday, CHCC said the three new cases were identified by travel screening and confirmed through testing on arrival on Aug. 11, and fifth-day testing on Aug. 12, 2021.

The individuals have been moved to the designated quarantine area for close monitoring. The CHCC Communicable Disease Investigation/Inspection team has initiated contact tracing for contacts with the highest risk of exposure.

Muña said Sunday that many COVID-19 restrictions in the CNMI could be lifted once herd immunity is claimed, but travel restrictions and safety protocols will still remain due to the threat of the delta variant and other mutations of the COVID-19 virus.

"The CNMI can remove most restrictions then, [but] because the

threat of the delta variant is still there, travel protocols will likely remain. Herd immunity [is] effective, but when you still have a large number of unvaccinated and many with chronic illnesses, detecting positive cases before they enter the community is still critical," said Muña.

She made clear that the CNMI reaching 80% fully-vaccinated should not be the end of the community's efforts against COVID-19, and spoke of the importance for people to get vaccinated.

"The virus fights back hard in high-transmission areas and we need to be careful when people travel to those areas and return to the CNMI. Getting vaccinated improves our defense against that situation. If the unvaccinated do not have that extra defense, that's a problem for our community," said Muña.

Muña added that an unvaccinated individual is highly likely to transmit COVID-19 to other unvaccinated individuals. A vaccinated individual who tests positive for the virus is less likely to transmit the virus to another vaccinated individual, but is more likely to transmit the virus to an unvaccinated individual. "We need to push to get more people vaccinated," said Muña.

Based on what is known about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine also helps keep people from getting seriously ill even if they do get COVID-19.

Register for vaccinations at www.vaccinatecnmi.com, by calling the CHCC call center at 682-SHOT (7468), or registering in person at any vaccination site.

View the new COVID-19 dashboard at <https://chcc.datadriven.health/co-vid19> (updates next business day).

LOUNGE

From Page 2

the American Memorial Park Amphitheater.

The retail shop or dispensary contained marijuana items available for sale and consumption in the lounge area.

A compans representative said no minors are permitted to enter the shop and the lounge.

"We follow the commission in terms of all the rules and regulations," the representative, adding that there are cameras installed inside for tracking.

The representative said their goal

is to obtain first the marijuana items from different licensed producers on Saipan and then eventually they hope to be a producer too.

The company's general manager, Alexis Hofschneider, said they can't buy from anyone who does not have a production license.

Hofschneider said they started selling marijuana products when they opened the dispensary last July 23. She said they got the license for the dispensary last July 16.

"It's interesting learning a lot about what people want and the demands of a dispensary," Hofschneider said.

She said they allow no more than 12 patrons at one time in the lounge area.

VEGAS

From Page 3

Holdings' reduced business operations," he said.

However, Jackson said to date, the delegation has refused to meet with MP Holdings for a discussion.

MP Holdings is still holding out hope that the court will grant a tem-

porary restraining order and a preliminary permanent injunction that would prevent the Department of Finance from assessing and collecting the local license fee under Saipan Local Law 22-6 while their lawsuit against the department is ongoing.

The local license fee essentially doubles the license fees on electronic gaming devices and was signed into law last Aug. 2.

GOP

From Page 1

ity, a man with compassion, a man with wisdom, and a man who knows how to fight for the right things."

"It is my greatest honor and privilege to call my friend, Senate floor leader. We share the same passion for his people," Torres said.

He said he needs all people's support in this journey. "I hope and I'm asking for your vote of confidence to vote for me again for your governor in 2022," said Torres, drawing cheers from supporters.

CNMI Republican Party board president James Ada also announced on stage that they have decided to endorse Torres and Sablan as their official candidates for governor and lieutenant governor, respectively.

Torres and Sablan, who were joined by their family members and supporters, also unveiled on stage their campaign slogan: "Together, Stronger."

Many people, including Cabinet members and Republican lawmakers, attended the event where lively music, food, drinks, and beverages were served.

Rota Mayor Efraim M. Atalig and Tinian Mayor Edwin Aldan were at the gathering. Also seen were known Democratic Party supporters Ambrosio Ogomoro, Juan Tenorio (former representative), Sid Kani, and Pete Pangelinan.

In a later interview, Torres said he

NMHC film shows aftermath of Battles of Saipan, Tinian

A new film called *Marianas Peoples: The Battles of Saipan & Tinian*, which provides a glimpse into what many people in the Asia-Pacific region experienced during the summer of 1944 is now available on YouTube.

This film—created for the “Marianas Peoples” exhibition of the Northern Marianas Humanities Council in 2019—shows hitherto unseen scenes of civilians on the battlefields in the summer of 1944. The raw footage was collected from the National Archives at College Park, Maryland.

The film, which is posted

on the Northern Marianas Humanities Council’s YouTube channel, is available at https://www.youtube.com/watch?v=88Ev8o6Z9yk&ab_channel=NorthernMarianasHumanitiesCouncil

“The moving images are invaluable testimonies of what our elders experienced. The creators hope that viewers will learn from these past events to build a more peaceful future,” according to the description of the video.

The release was delayed because of edits and the pandemic, according to an email to the *Saipan Tribune*. (PR)

Arianne Cabrera, 23



2020 Miss Earth Eco-Tourism Arianne Cabrera.

CONTRIBUTED PHOTO

Exquisite Productions Marianas, friends, family, and the community remember the life of 2020 Miss Earth Eco-Tourism Arianne Cabrera, who recently passed away.

Several posts on social media stated that she passed away from a very aggressive and rare cancer but this could not be immediately verified.

Diana Clayton, Exquisite Productions Marianas president, issued a statement Friday expressing deep sympathy for the loss of Cabrera.

“During her reign as Miss Earth Eco-Tourism, she distinguished herself among her pageant sisters with her enthusiastic personality and her happy and cheerful performance. She was a valued representative of our pageant and we are proud of her contributions. The entire pageant team family and friends remember her with respect and admiration and she will be missed dearly by all,” said the statement. “We extend our condolences to you and your family and hope that time and memo-

ries will help lessen the burden of your sorrow and that you may draw some measure of comfort knowing that others care and share in your loss.

In a phone call last Friday with Clayton, she remembers Cabrera for her cheerful, outgoing personality and conveyed her condolences to Cabrera’s family. “She was very bubbly, had a nice personality, and was very helpful. She got along with everybody with a smile. ...She was a great person to know and to meet,” said Clayton.

Cabrera competed in last year’s Miss Earth Northern Marianas, which was made fully virtual at the time due to the pandemic. Cabrera went on to be named as Miss Earth Eco-Tourism, and spent her time during and after the pageant taking part in environmental advocacy activities. Recently in April, Cabrera graduated with a bachelor of science in Criminal Justice from the University of Guam. (Joshua Santos)



DONATION

In honor of their 20th class reunion, Mount Carmel School’s Class of 2001 recently donated \$2,001 to their alma mater at the school gym this past Friday, Aug. 13, 2021. The donation was presented to school officials, student council officers, and the student body in the school’s gym/cafeeteria. In the photo in the front row (from left to right) are MCS director of institutional development and 2013 AlumKnight Victoria Deleon Guerrero, 2017 AlumKnight and English teacher Zeno Deleon Guerrero, MCS student officer Fiona Bucalig, MCS student officer Christian Guerrero, 2001 AlumKnight Asapmar Ogumoro, and MCS student Officer Aleia Santos. In the second row (left to right) are 2001 AlumKnight and MCS business manager John S. Blanco, 2001 AlumKnight Naomi Tudela, Juan Tenorio, Renaecia Ogumoro-Uludong, Alingmar Ogumoro-Uludong, and MCS acting president Frances Taimanao.

CONTRIBUTED PHOTO

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Tropical storm likely to bring heavy rain across Marianas

Tropical Storm 16W is forecast to move toward the Mariana islands, with the latest forecast track showing the tropical storm passing near or just south of Guam on Tuesday.

There is the potential for 16W to bring heavy rain to the Marianas, especially for Guam and Rota Monday night through Tuesday night.

Based on the information received from the National Weather Service in Tiyan, Guam, and compiled at the CNMI Emergency Operations Center State Warning Point,

» All Guam military installations under TCCOR 3

rainfall estimates indicate 4 to 8 inches of rain is possible across Guam and Rota and 3 to 6 inches across Tinian and Saipan. Uncertainty still exists on the actual track and any deviation will change the rainfall amounts.

Excessive rainfall can cause localized flooding in low-lying and poor drainage areas and rapidly rising streams and rivers. Check storm drains in

your area to make sure they are not clogged. Make plans to protect property if you live near streams and rivers or in areas that habitually flood during heavy rain.

The public is being advised that localized flooding will be possible in low-lying and poor drainage areas. Check storm drains in your area to make sure they are not clogged. If planning anything outdoors next week, have a backup plan in place.

In related news, Joint Region Marianas Pacific has established Tropical Cyclone Condition of Readiness 3 for

all military installations in Guam due to destructive winds of 50 knots or higher expected within 48 hours.

Tropical storm force winds brought on by 16W are expected to begin affecting the area today, Aug. 16, with the closest point of approach predicted on Tuesday, Aug 17, at approximately 1pm.



Nicholson

The military installations in Guam are moving to TCCOR 3 expeditiously due to the various unit and personnel requirements at the onset of destructive winds.

“Joint Region Marianas has established TCCOR 3 to facilitate proactive planning and coordination among all military services islandwide, and to ensure our preparedness to mitigate any substantial interruption to normal activities and operations,” said JRM Commander Rear Adm. Benjamin Nicholson. “We have additional military personnel and assets on the ground and in port support-

ing summer exercises, therefore this action errs on the side of caution as we work to safeguard service members, ships and aircraft from the possibility of destructive winds.”

Military personnel are currently securing facilities and housing residents are advised to commence heavy weather preparedness efforts.

For up-to-date information, military personnel and families are encouraged to stay tuned to the Joint Region Marianas, Naval Base Guam and Andersen Air Force Base Facebook pages. (*Saipan Tribune*)



Tels: (670) 234-6866
234-9447
234-7689
234-7670
Fax: (670) 234-9021

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS NORTHERN MARIANAS HOUSING CORPORATION

PUBLIC NOTICE

This Notice is paid by NMHC with HUD funds.

NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST A RELEASE OF FUNDS

August 04, 2021

Government of the Commonwealth of the Northern Mariana Islands
Northern Marianas Housing Corporation
Saipan, MP 96950 | Tel: (670) 234-9447/6866

This notice shall satisfy the above-cited two separate but related procedural notification requirements.

REQUEST FOR RELEASE OF FUNDS

On or after August 19, 2021, the Government of the Commonwealth of the Northern Mariana Islands will submit a request to the U.S. Department of Housing and Urban Development, Washington D.C., for the release of Community Development Block Grant Disaster Recovery (CDBG-DR) Supplemental Appropriations for Disaster Relief Act, 2019 P.L. 116-20, enacted on January 27, 2020, announced via Federal Register Notice, to undertake the following activity and purposes in Saipan, Commonwealth of the Northern Mariana Islands:

| Project/Activity Type | Purpose | Location | Total Project Cost |
|--|--|-------------------------|--------------------|
| Replacement of CUC Dan Dan existing .50 million gallon glass-fused-to-steel bolted tank to a new 1.0 million gallon concrete water tank project. | The new 1.0 million gallon pre-stressed concrete water tank will address the need for a durable, robust, and sustainable tank that will withstand seismic and typhoon conditions and have a longer lifespan. | Dan Dan Village, Saipan | \$ 7,048,000.00 |

FINDING OF NO SIGNIFICANT IMPACT

The Government of the Commonwealth of the Northern Mariana Islands has determined that the above-listed projects will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) and is ready for public viewing on the Northern Marianas Housing Corporation (NMHC) website at www.nmhcgov.net or www.cnmi-cdbgdr.com; or you may visit the on file at the NMHC Central Office in Garapan, Saipan or NMHC CDBG-DR Office in Beach Road Chalan Laulau, Saipan during regular work hours, Monday through Friday except CNMI Holidays, from 7:30 A.M. to 4:30 P.M.

PUBLIC COMMENTS

Any individual, group or agency disagreeing with this determination or wishing to comment on the project may submit written comments to the Northern Marianas Housing Corporation. You may submit comments from the following options: Via mail to P.O. Box 500514, Saipan, MP 96950; Direct delivery to the central office in Garapan, Saipan or drop-box located in front of the building; and Via email at nmhc@nmhc.gov.mp. All comments received by **August 19, 2021, 4:30 p.m.**, will be considered by the Government of the Commonwealth of the Northern Mariana Islands prior to authorizing submission of a request for release of funds. Commentors should specify which part of this Notice they are addressing.

RELEASE OF FUNDS

The Government of the Commonwealth of the Northern Mariana Islands certifies to the U. S. Department of Housing and Urban Development (HUD), Washington D.C. that the Government of the Commonwealth of the Northern Mariana Islands and Governor Ralph DLG. Torres consent to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process, and that these responsibilities have been satisfied. The U. S. Department of Housing and Urban Development (HUD), Washington D.C. acceptance of the certification satisfies its responsibilities under the National Environmental Policy Act of 1969 and related laws and authorities, and allows the Government of the Northern Mariana Islands to use Program Funds.

OBJECTION TO RELEASE OF FUNDS

The U. S. Department of Housing and Urban Development (HUD) Washington D.C. will accept objections to its release of funds and the Government of the Northern Mariana Islands certification for a period of **fifteen days** following anticipated submission date or its actual receipt of the request (whichever is later) only if it is on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Government of the Northern Mariana Islands; (b) the Government of the Northern Mariana Islands has omitted a step or failed to make a decision or finding required by the U. S. Department of Housing and Urban Development regulations at 24 CFR Part 58; (c) the grant recipient has incurred cost not authorized by 24 CFR Part 58 before approval of the release of funds by the U. S. Department of Housing and Urban Development; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures of 24 CFR Part 58 and shall be addressed to Ms. Tennille Smith Parker, DRSI Division Director, HUD, via email at Tennille.S.Parker@hud.gov; Tel: (202)402-4649. Potential objectors should contact the U.S. Department of Housing and Urban Development to verify the actual last day of the objection period.

/s/
Ralph DLG Torres
Governor, CNMI



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, SAIPAN, MP 96950-0514

PUBLIC NOTICE

07/16/2021

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD) SECTION 3 PRESENTATION

The Northern Marianas Housing Corporation (NMHC) is conducting a Section 3 presentation for all interested contractors planning to conduct business with the NMHC. The U.S. Department of Housing and Urban Development (HUD) encourages all HUD funded programs to comply with the Section 3 program requirement.

What is Section 3? It is a provision of the Housing and Urban Development Act of 1968 and the purpose of Section 3 is to ensure employment and other economic opportunities generated by certain HUD financial assistance shall, to the greatest extent feasible, and consistent with existing Federal, State and local laws and regulations, be directed to low-and very low-income persons, particularly those who are recipients of government assistance for housing, and to business concerns which provide economic opportunities to low-and very low-income persons.

The Section 3 presentation will be held on August 17, 2021, 10:00 a.m. via Zoom Teleconferencing. You may access the Zoom Teleconference link at www.nmhcgov.net “Public Notice / Announcement tab” or www.cnmi-cdbgdr.com.

Should you have any questions or concerns, please do not hesitate to contact Mr. Jacob Muna, Office Manager/Procurement Officer at (670)234-6866/9447 or via email at officemanager@nmhc.gov.net.

Jesse S. Palacios
Corporate Director



REQUEST FOR PROPOSAL (RFP) MVA-RFP-21-2023

Marianas Visitors Authority Representation, Promotional
and Public Relations Services for the JAPAN MARKET

Submission /Closing Date: September 10, 2021 **Time:** 3:00PM ChST
Submit sealed proposals to: Marianas Visitors Authority
Attn: Procurement Office
San Jose Professional Building
Beach Rd., San Jose
P.O. Box 500861
Saipan, MP 96950

Interested parties may pick up the RFP package on or after July 20, 2021 at the Marianas Visitors Authority Office, San Jose Professional Building, Beach Road, San Jose, Saipan, during the hours of 8:00 a.m. to 5:00 p.m., Monday through Friday, except holidays. The RFP package can be emailed to anyone interested. The request via email must reference **“MVA - RFP -21- 2023 MARIANAS VISITORS AUTHORITY REPRESENTATION, PROMOTIONAL AND PUBLIC RELATIONS SERVICES FOR THE JAPAN MARKET”**.

Proposals submitted from individuals outside the Commonwealth of Northern Marianas Islands (CNMI) must be postmarked by the U.S. Postal Service or certified Courier mail service on or before September 10, 2021 and must be received within seven (7) working days of that date. Proposers from outside the CNMI must notify the MVA Procurement Officer Ms. Lenette F. Maratita in writing of their intent to submit in order to receive the additional seven (7) days for the receipt of the actual Proposal Documents. This notice of intent may be submitted by any mode of written communication including facsimile to +1-670-664-3237 or emailed to Imaratita@mymarianas.com and must be received no later than 3:00PM., Chamorro Standard Time on August 30, 2021.

/s/ Ellsbeth Viola Alepuyo
Chairperson, MVA Board of Directors

/s/ Priscilla M. Iakopo
Managing Director, MVA

COMMUNITY BRIEFS

Saipan municipal council sets Wednesday session

The 16th Saipan and Northern Islands Municipal Council will hold its 10th regular session on Wednesday, Aug. 18, 2021, at 10am at the Saipan and Northern Mariana Islands Municipal Council office at the Kiosku, Chalan Kanoa, Saipan. The meeting agenda will include the Municipal Council building project and Kiosku repairs project, as well as the proposed user fee for the kiosku. *(PR)*

DPS car seat program to be suspended until Sept.

The Department of Public Safety’s Highway Safety Office will be temporarily suspending the Child Restraint Purchase Assistance Program, also known as the “Car Seat Program,” effective Aug. 16, 2021, until the new fiscal year, which begins on Oct. 1, 2021.

We apologize for the inconvenience and ask for your understanding as we prepare to re-open the program for future qualified applicants. For any inquiries, call 664-9125. *(PR)*

FBI, GPD on the hunt for FHB rob suspect



The FBI and the Guam Police Department are seeking the public’s assistance in identifying an individual who is responsible for a bank robbery at the First Hawaiian Bank at the Compadres Mall in Dededo around 1pm on Friday, Aug. 13.

The suspect is described as a man, possibly in his 50’s, with a full neck tattoo and a tear drop tattoo under his right eye. He was last seen wearing a black shirt, dark blue jeans and had black and gray hair.

Please report any information regarding this robbery or the identity of this individual to the Guam FBI office at (671) 688-0373 or contact the GPD or Guam Crime Stoppers at (671) 477-HELP. *(PR)*

This frame grab from a surveillance video shows the man who robbed the First Hawaiian Bank at the Compadres Mall in Dededo around 1pm on Friday, Aug. 13.

CONTRIBUTED PHOTO



NORTHERN MARIANAS HOUSING CORPORATION

P.O. Box 500514, Saipan, MP 96950-0514
Email: nmhc@nmhc.gov.mp | Website: http://www.nmhc.gov.net

INVITATION FOR BIDS (IFB)

(This is ad is paid for NMHC with HUD funds)

NMHC IFB 2021-012

BID SUBMISSION DATE & TIME: August 19, 2021, 10:00 a.m.

Vehicle Lease of 2-Pick-up Trucks for the Community Development Block Grant-Disaster Recovery (CDBG-DR) Program

Bid information and packet is available on July 20, 2021, at the NMHC website at www.nmhc.gov.net by clicking on the “Procurement Tab” or at the CDBG-DR website at www.cnmi-cdbgdr.com.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

Inquiries regarding this bid shall be submitted to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhc.gov.net or facsimile at (670) 234-9021, on or before July 26, 2021, no later than 10 a.m.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced “Marcie” M. Tomokane
Chairwoman, NMHC Board of Directors



NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)

(This is ad is paid for NMHC with HUD funds)

NMHC IFB 2021-017

BID SUBMISSION DATE & TIME: September 14, 2021, 10:00 a.m.

Purchase of Personal Protective Equipment for the Department of Fire and Emergency Medical Services (DFEMS)

Project package will be available on August 13, 2021, at the NMHC website at www.nmhc.gov.net by clicking on the “Procurement Tab”.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be held via video teleconferencing on August 23, 2021, at 10:00 a.m. through Zoom Video Communications. Bidders will be provided the video teleconferencing link on the NMHC website at www.nmhc.gov.net. Bidders are requested to submit via email at officemanager@nmhc.gov.net of their intent to participate in the mandatory pre-bid conference at least one (1) day before the conference. Failure to attend the Mandatory pre-bid conference will be considered a non-responsive bidder.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhc.gov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced “Marcie” M. Tomokane
NMHC Board of Directors



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
NORTHERN MARIANAS HOUSING CORPORATION

Tels: (670) 234-6866
234-9447
234-7689
234-7670
Fax: (670) 234-9021

PUBLIC NOTICE

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NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST A RELEASE OF FUNDS

August 04, 2021

Government of the Commonwealth of the Northern Mariana Islands
Northern Marianas Housing Corporation
Saipan, MP 96950 | Tel: (670) 234-9447/6866

This notice shall satisfy the above-cited two separate but related procedural notification requirements.

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| Project/Activity Type | Purpose | Location | Total Project Cost |
|---|--|------------------------|--------------------|
| Replacement of CUC Kagman existing 1.0 Million Gallon glass-fused-to-steel bolted tank to a new 1.0 million gallon concrete water tank project. | The new 1.0 Million Gallon pre-stressed concrete water tank will address the need for a durable, robust, and sustainable tank that will withstand seismic and typhoon conditions and have a longer lifespan. | Kagman Village, Saipan | \$ 7,232,000.00 |

FINDING OF NO SIGNIFICANT IMPACT

The Government of the Commonwealth of the Northern Mariana Islands has determined that the above-listed projects will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) and is ready for public viewing on the Northern Marianas Housing Corporation (NMHC) website at www.nmhc.gov.net or www.cnmi-cdbgdr.com; or you may visit the on file at the NMHC Central Office in Garapan, Saipan or NMHC CDBG-DR Office in Beach Road Chalan Laulau, Saipan during regular work hours, Monday through Friday except CNMI Holidays, from 7:30 A.M. to 4:30 P.M.

PUBLIC COMMENTS

Any individual, group or agency disagreeing with this determination or wishing to comment on the project may submit written comments to the Northern Marianas Housing Corporation. You may submit comments from the following options: Via mail to P.O. Box 500514, Saipan, MP 96950; Direct delivery to the central office in Garapan, Saipan or drop-box located in front of the building; and Via email at officemanager@nmhc.gov.net. All comments received by **August 19, 2021, 4:30 p.m.**, will be considered by the Government of the Commonwealth of the Northern Mariana Islands prior to authorizing submission of a request for release of funds. Commentors should specify which part of this Notice they are addressing.

RELEASE OF FUNDS

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/s/
Ralph DLG Torres
Governor, CNMI

Opinion

Hafa Adai!

Saipan Tribune

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EDITORIAL

The pandemic shows why counting global deaths is essential

The past 18 months have shown that accurately counting the dead is vital for protecting the living. At the outset of the pandemic, many countries lacked adequate registration systems, and others saw their processes break down under strain. This made it harder to track the spread of COVID-19 and deal with its consequences. Even in normal times, lack of data about deaths and their causes can seriously impede efforts to protect public health. Fixing this ought to be a global priority.

Reliable information on mortality and morbidity can give warning of growing public health challenges, such as heart disease due to obesity and diabetes, or drug abuse. It can also help to flag racial and other disparities that highlight inequalities in housing, jobs and access to health care. The rate of deaths from COVID-19 has been significantly higher for Black Americans than white Americans, for instance; figures for the U.K. tell a similar story. In India, lack of data for rural areas early in the pandemic led to fatal complacency.

It's safe to assume that deaths due to COVID have been, and continue to be, undercounted in much of the world. Nearly two-fifths of the world's deaths are unregistered, and in Africa it's the vast majority. Only 8% of reported deaths in low-income nations show a cause. In a crisis, even developed nations can fail to gather the information they need to respond effectively.

Technology is part of the answer. Online notification allowed countries such as Costa Rica to collect data as COVID-19 spread. Government agencies also need to get better at sharing information. Mobile phones and software make this feasible—but political will, appropriate incentives and investment are necessary as well. Local leaders need to understand the importance of accurate records; doctors need training in death certification; and policymakers need to know how to use the data. (Bloomberg Philanthropies works with organizations including Vital Strategies to support such efforts in countries such as Rwanda, which published its first vital statistics report last year.)

Major progress will take time, but stopgap measures can help in the interim. Rapid surveillance using hospitals and community centers allows better counts of fatalities, especially if officials and health professionals, not families, are made responsible for reporting. Over time, deaths in excess of trend can then be estimated. Household interviews (so-called verbal autopsies) and surveys can give a fuller picture. Such initiatives, already underway in many poor countries, deserve political and financial support. The cost can be low—a study in India estimated just 10 cents per capita per year.

The crucial thing is to understand just how valuable better global information on deaths would be. A combination of ad hoc progress in the short term, combined with a longer-term strategy to extend, improve and integrate this essential record-keeping, can equip policy makers with the information they need to save lives.

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The most refreshing sport at the Tokyo Olympics? Skateboarding

Skateboarding made its Olympic debut at the Tokyo Games this year, bringing a refreshing change of pace to the world's biggest competition. Unlike most other Olympic events, the culture of skateboarding is based not in winning but in joy and individuality.

Since its inception, skateboarding has defied conformity. Born in California in the 1950s, skateboarding became synonymous with the counterculture of the '60s and served as a safe haven for society's outcasts. Considered more of a lifestyle than a sport, skateboarding offered an escape from the mainstream and a platform for people to be themselves.

Skateboarding's global popularity launched it onto the Olympic stage, but its counterculture roots remain alive and well. Other Olympic events exist within a clearly established structure, but skateboarding has been anti-establishment from the start.

"Skateboarding presents so many more options than you typically have in sports," said Neftalie Williams, a visiting fellow at Yale University and postdoctoral scholar at the University of Southern California, who studies the interplay of diversity, identity and skate culture. "You have an entire sporting culture that's marginalized, that has placed less emphasis on competition and focused more on expression, and has learned that that's the vocabulary."

In this way, skateboarding is nearly impossible to define. But ask a skater at any level what skating means to them, and you'll get a similar answer: What attracted them to the sport was freedom, community and creativity, not competition or being the best.

"There's no other sport in the world, no other art in the world, no other culture in the world that transcends boundaries in the way that skateboarding does," said sponsored Los Angeles skater Ethan Singleton, who's worked on research with Williams at USC.

Skateboarding doesn't quite fit into any traditional sports box, much less the ultra-competitive and highly polished spirit of the Olympic Games. But its presence in Tokyo brought a playfulness and individuality to the sport world's biggest stage.

"I was having an absolute blast," American bronze medalist Jagger Eaton said about competing in the street event, where he nodded his head to music and laughed with his fellow competitors at the top of the course. All 20 skateboarders competing there were friendly with one another, he said.

"Growing up, skateboarding was my freedom and my creative outlet," Eaton said. "Skateboarding is an art form, and every one of us does it differently. Name another sport like

By **CAROLINE PETROW-COHEN**
Los Angeles Times

Caroline Petrow-Cohen is an Opinion intern at the Los Angeles Times.



that in the Olympic Games."

Every skateboarder has their own unique style, revealed in the way they approach obstacles, pop tricks or grab their board midair. There are no rules in skateboarding, no standards, no rigid structure—even at the Olympics. According to Mimi Knoop, professional skateboarder and head coach for the U.S. Olympic skateboard team, judges score the athletes based on trick progression, difficulty level and originality.

"We don't have points for certain tricks because we wanted to stay away from that to keep it a little more creative," Knoop said. "It comes down to little subtleties that aren't really written down or necessarily defined in our sport. It makes things a little subjective, but that's just how we do it."

In the midst of tense competition and mental health struggles, skateboarding was like a beacon of light as I watched the Olympic Games.

"Skateboarding is where I feel I can express myself and let my own creativity play out," American Olympian Alana Smith said. "At the Olympics, I definitely feel like it freshens up the environment and shows that it doesn't have to be such a stressful time."

While skateboarding allows an athlete's individuality to shine through, the community is cohesive as well. "I feel like we've always been looked at as the outcasts," Smith said, referring to the societal stigma pinned on skateboarders, "and we've all become a really big family."

If you watched the Olympics, the way the skateboarders interacted with each other was often in stark contrast to other athletes. Competitors at some events, like gymnastics or swimming, typically didn't stray far from their teammates. But skateboarders were enjoying each other's company and lifting each other up regardless of country affiliation.

"From my point of view, we're having a lot more fun than everyone else," Knoop said. "There's an unspoken understanding between skaters and a bond that's there."

See TOKYO on Next Page

The US Army and the cost of war

The two military organizations most impacted by the wars in Iraq and Afghanistan over the past two decades have been the U.S. Army and Marine Corps. The deep and complete involvement of the U.S. Army in fighting America's imperial land wars over the course of time has been unique, complex, sometimes dark, chaotic, and impressive all at the same time. Some of the finest officers and senior leaders to ever serve the American empire in times of conflict and in times of peace have worn the uniform of the U.S. Army.

The total cost of war from Iraq and Afghanistan to the American empire is staggering. Estimates range from a floor of \$7 trillion when factors such as lives injured, lives lost, total military medical costs, veteran-related costs, costs associated with rebuilding total Army readiness and end strength, training foreign military forces, lost national productivity, broken family costs, hardship costs and macro-opportunity costs are taken into consideration.

Select challenges that the Army continues to work through

Today the U.S. Army continues to shoulder the brunt of having to train, prepare, deploy, modernize, and reconstitute itself for the next fight. Part of this means that the Army will continue to come to Guam, the Marianas and Micronesia to train alongside other branches of America's armed forces and foreign militaries, such as the Japanese self-defense forces.

The involvement of the U.S. Army with the government of Japan, however, is nothing new. The Army has had a deep and somewhat concealed relationship with Japan and its government since the immediate aftermath following the conclusion of World War II.

Recent military exercises

Today's Army is required to insert itself into a land fight that could initiate anywhere in the world within 24 hours to support American interests. This fact was recently seen when Army Special Forces units flew halfway around the globe to parachute into northern Guam during recent armed forces exercises.

In addition to training for kinetic and very physically destructive war scenarios, the U.S. Army is also home to arguably the world's most proficient military intelligence apparatus, aviation and special operations communities, and a host of other entities that provide medical, engineering, scientific, and logistical support to a variety of mission sets.

port to a variety of mission sets.

US Army connections to our ancient Chamorro Pacific Islander civilization

The Army has a long and sometimes dark history tied to fighting and maintaining a presence throughout the Pacific Blue Ocean continent and Indochina regions since the 19th century. The historical threads that most closely connect the U.S. Army to our Chamorro Pacific Islander civilization have generally been tied to World War II events and Cold War actions seen over several successive decades leading up to present day.

Several generations of some of the bravest and most able men and women of Chamorro and Micronesian Pacific Islander ancestry have proudly served in all communities that make up the Army's total force across active duty and reserve components.

There will come a time not too far off in the future when an unusually exceptional Army officer of Chamorro ancestry will be nominated to a four-star general officer leadership position. He or she will follow in the footsteps of former Army chief of staff Gen. Eric Shinseki, an American of Japanese ancestry from the Pacific island of Kauai.

Despite the innumerable courageous actions undertaken by American soldiers of Chamorro ancestry throughout the Vietnam conflict and other wars, not one Chamorro has been formally nominated for the Medal of Honor. Conversely, Chamorros have been inducted into the Army Ranger Hall of Fame.

Jobs program producing upward mobility with strings attached

The U.S. Army has served and continues to act as a significant jobs program for our people living throughout the Marianas Islands region. The Army sells itself as a place to create and grow a long-term career, build proprietary and transferable jobs skills, while offering a wide variety of educational opportunities to many of its members, all at the tremendously high cost of being obligated to go to war when directed by national command authorities.

What's next

Congress is currently contemplating legislation that would place Army National Guard units in positions that train more closely with Taiwanese defense forces to further improve overall military readiness across the spectrum of conflict in East Asia. The

RICK'S COLUMN

By RICK PEREZ

Special to the Saipan Tribune



Rick Perez used to serve in the U.S. military and has work experiences in public policy research and public affairs. He is passionate about national security and geopolitics and runs a newsletter called Guam Affairs at guamaffairs.substack.com. For questions or comments, contact Perez at rickp7839@gmail.com.

American national government refers to this as the Partnership for Peace Program and Guam Army National Guard units will be some of the most affected organizations as this effort becomes larger and more robust.

Second, the Army has and will continue to maintain a significant land-based presence throughout the Pacific Asia region. Thousands of soldiers serve in Northeast Asia as part of the strategic footprint required to demonstrate American commitments to treaty allies, costing taxpayers billions of dollars annually.

The American national government is also thinking through its overall posture when it comes to issues of placing Army land- and ground-based missile weapons systems in Indonesia, Thailand, and Vietnam, in response to China's continual military growth.

Expect to see the Army become more closely involved with supporting international public health efforts to include international vaccination programs as part of a whole-of-government approach to project influence throughout the Blue Ocean continent.

Excellence pursued; excellence continued

The U.S. Army has demonstrated a greater level of commitment to the Chamorro and villager communities of the Marianas Islands, when compared to that of the Navy, Air Force, Marine Corps, and Coast Guard. The Army is the only branch of the American armed forces that has built a tier one ROTC program at the University of Guam, while maintaining a robust National Guard presence, thanks in large part to the past pathbreaking work done by people like the Honorable Dr. and Congressman Robert A. Underwood.

We did everything right, but our kid still got COVID

We hunkered down, worked from home, wore masks, shopped online, did virtual school (the whole time), joined a pandemic pod, avoided large gatherings, ate outside, and my husband and I got vaccines the second we were eligible. Yet, as I write this, our 8-year-old daughter is upstairs in her room, under a fort of blankets, with a sore throat, fever, cough and a confirmed case of COVID.

Where did we go wrong?

Summer camp.

It seemed like such a good idea, and if you ask our daughter, it was. In fact, those seven weeks were the best of her entire pandemic experience. It was a small group of 10 kids, all wearing masks and banded together in a "super session" that was supposed to last eight weeks. My daughter says it felt like they'd known each other forever by Day 3. But on Aug. 5, a Thursday, we got word that one of the kids had tested positive for COVID, and the whole camp section was shutting down, effective immediately. That meant no final week, no goodbyes, no culminating cardboard boat race.

We were handed a letter that said we had to quarantine until Aug. 17, unless our child received a negative COVID test, taken no earlier than Sunday, the 8th. We got an appointment right away, assuming it would lead to faster freedom. By the afternoon of the 9th, however, our daughter had developed a fever, and had a scratchy throat. Both persisted into the next day, when she took a rapid PCR test, and the doctor called us with the bad news that night.

Now, she's holed up in her bedroom, steadily worsening, and taking video calls and tablet time under the fort she built out of

her bedcovers in the morning, when she was feeling better. Her dad and I wear a mask around her, and she, around us and the dog—the pandemic puppy we brought home exactly one year ago. I just finished disinfecting all the shared surfaces and am alternating between resigned acceptance and rank anxiety: COVID-19 is in my house. It is in my child, the one person I fervently hoped it would never touch. And it is likely in me, waging battle with my vaccine-boosted cells. I can't yet tell if the scratchiness in my own throat is sympathetic or real, and I can't get tested yet to search for a "breakthrough" case of COVID.

I also can't imagine how elementary school is going to work in the fall, with no vaccine yet available for the under 12 set.

Damn you, delta.

Don't get me wrong: I know it's time for kids to go back in person; the sheer happiness those weeks of on-site camp brought my daughter convinced me of that. But I'm far from certain that schools are ready for the reality.

Returning to classrooms of two dozen or more kids and cafeteria lunches sounds like the perfect science fair project. Hypothesis: If the delta variant of COVID is more contagious than the version that shuttered schools and now the most prevalent, then collecting unvaccinated children together will provide a fertile breeding ground.

Those districts that will be doing blind, group testing of K-5 classrooms had better be ready to reinstitute virtual schooling for two weeks at a time when the positives start rolling in. And the districts that are still waffling over whether to wear masks indoors need to ask themselves whose interests they're serving. It's certainly not the kids'.

Delta has caused a surge in pediatric COVID-19 cases, with numbers rapidly rising throughout July to now. In the week end-

ing June 24, states reported 8,447 child COVID cases; in the week ending Aug. 5, they were up to 93,824. And in the week ending Aug. 12, my daughter—whose fever will rise above 104 later tonight and stay that way through to the next morning—will be among the thousands.

BY TRICIA BISHOP

Baltimore Sun

Tricia Bishop is The Sun's opinion editor (tbishop@baltsun.com).



Don't you dare tell me kids aren't at risk.

We're only a few days in and don't yet know what the full illness will look like for her (I highly recommend the free UMMS coronavirus nurse call line if you or a family member is ill and you have questions: 888-713-0711). She's not one of those kids who gets COVID and shows no symptoms; that much is clear. She's miserable right now, her little body hot all over, her head congested and her throat on fire. What's unclear is whether she's one of those kids who has a flu-like experience that runs its course in a week or two, or if she's among the kids who get pneumonia or multisystem inflammatory syndrome or long COVID, with its potential for lasting neurological effects.

My husband and I had been hoping our precautions meant we'd never have to find out. At least we can say we made the effort. It's a cold comfort.

for coaches, teams or organized competitions. Those things exist in skateboarding, of course, but not out of necessity. As long as there are individuals who skateboard and find joy in doing so, the culture of skateboarding will remain strong.

"It's almost like the Olympics needed skateboarding," Olliver said, "not the other way around."

TOKYO






From Page 8

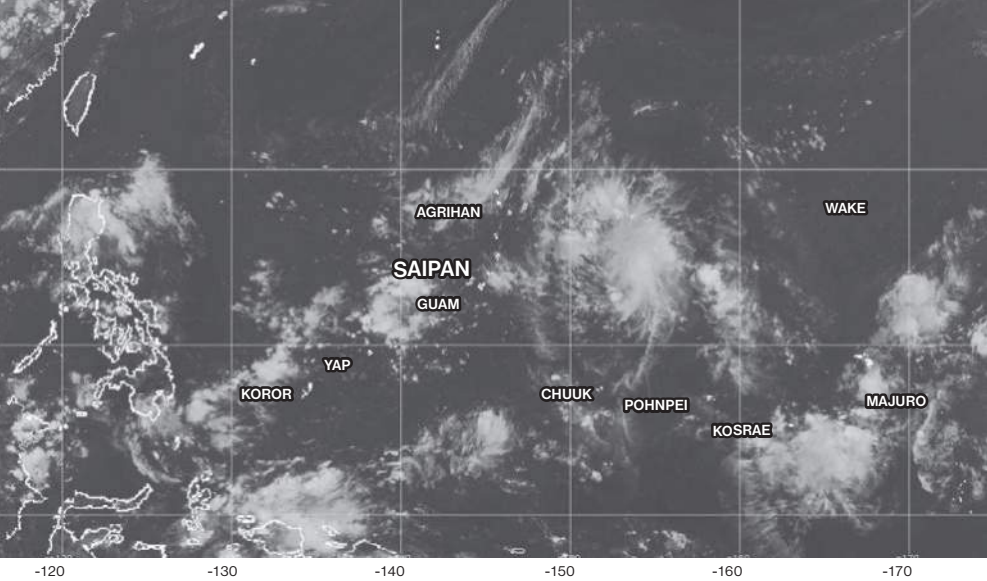
Not everyone agrees that skateboarding belongs in the Olympics. Some say the Games represent a commercialization that

strays too far from skateboarding's counterculture roots. But skateboarding never really needed the platform of the Olympics in the first place.

Sports agent Yulin Olliver, who represents Olympians like Mariah Duran and Bryce Wettstein, said that skateboarding as a sport and lifestyle is inherently self-sufficient. There's no need

The Weather

| 5-DAY FORECAST FOR SAIPAN AND TINIAN | | | | | | | | | |
|---|-----|--|-----|---|-----|---|-----|--|-----|
| TODAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|  | |  | |  | |  | |  | |
| Partly sunny with isolated showers. East winds 15 to 20 mph. | | Breezy. Cloudy with numerous showers and isolated thunderstorms. East winds 20 to 25 mph becoming Southeast Tuesday night. | | Mostly cloudy with scattered showers and isolated thunderstorms. | | Mostly cloudy with scattered showers and isolated thunderstorms. | | Mostly cloudy with isolated showers and thunderstorms. | |
| 86° | 76° | 84° | 76° | 84° | 76° | 84° | 76° | 84° | 76° |
| YESTERDAY'S SATELLITE IMAGE | | | | | | | | | |



PICTURE TIME: 8:08 AM, SUNDAY, AUGUST 15, 2021

Western North Pacific between equator and 25N from 130E to 180.

Light east winds and a few showers prevailed over the Marianas this morning. The big concern is Tropical Storm 16W about 900 miles east of the Marianas this morning.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html>
- Ensure a 30-day supply of all medicines.

Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
 - Choosing a room in your house that can be used to separate sick household members from others.
 - Washing your hands often with soap and water for at least 20

seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mp and, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at <http://www.chcc.gov.mp/pressrelease.html> and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

| MICRONESIA | | | ▲ ▼ °F |
|---------------|----------------|------------|--------|
| Guam and Rota | Partly sunny | 82 / 92 °F | |
| Palau | Mostly cloudy | 82 / 87 °F | |
| Yap | Cloudy | 80 / 90 °F | |
| Chuuk | Mostly cloudy | 79 / 87 °F | |
| Pohnpei | Mostly cloudy | 80 / 88 °F | |
| Kosrae | Morning clouds | 81 / 86 °F | |
| Majuro | Morning clouds | 82 / 86 °F | |

| DAY | SUNRISE | SUNSET |
|-----------|---------|---------|
| Today | 6:02 AM | 6:39 PM |
| Tuesday | 6:02 AM | 6:39 PM |
| Wednesday | 6:02 AM | 6:38 PM |
| Thursday | 6:03 AM | 6:38 PM |
| Friday | 6:02 AM | 6:37 PM |

| DAY | MOONRISE | MOONSET | MOONRISE |
|-----------|----------|----------|----------|
| Today | 12:51 PM | - | - |
| Tuesday | - | 12:30 AM | 1:54 PM |
| Wednesday | - | 1:25 AM | 2:57 PM |
| Thursday | - | 2:24 AM | 3:59 PM |
| Friday | - | 3:26 AM | 4:58 PM |

| AROUND THE GLOBE | | | ▲ ▼ °F |
|------------------|----------------------|------------|--------|
| Auckland | Scattered showers | 44 / 52 °F | |
| Beijing | Mostly sunny | 68 / 87 °F | |
| Hong Kong | Morning clouds | 83 / 93 °F | |
| Honolulu | Mostly sunny | 59 / 68 °F | |
| London | Sunny | 60 / 73 °F | |
| Los Angeles | Morning clouds | 63 / 80 °F | |
| Manila | Strong thunderstorms | 79 / 84 °F | |
| Melbourne | Broken clouds | 43 / 55 °F | |
| Miami | Thunderstorms | 81 / 87 °F | |
| New York | Mostly sunny | 72 / 86 °F | |
| Osaka | Sunny | 76 / 95 °F | |
| Paris | Morning clouds | 61 / 73 °F | |
| Pusan | Afternoon clouds | 79 / 93 °F | |
| Rome | Sunny | 67 / 91 °F | |
| Salem | Light showers | 55 / 73 °F | |
| San Francisco | Morning clouds | 55 / 71 °F | |
| Seoul | Afternoon clouds | 76 / 93 °F | |
| Tokyo | Sunny | 75 / 90 °F | |
| Washington, DC | Showers | 66 / 84 °F | |

| TIDES: SAIPAN HARBOR TODAY | | | FEET |
|----------------------------|-----------|------|------|
| 12:38 AM | High Tide | 2.03 | |
| 7:59 AM | Low Tide | 0.30 | |
| 2:46 PM | High Tide | 1.68 | |
| 7:49 PM | Low Tide | 1.24 | |

FLIGHT SCHEDULE AS OF AUGUST 1, 2021

| DEPARTURES | | | | ARRIVALS | | | |
|---------------------|--------|--------|------------------|---------------------|---------|----------|------------------|
| SAIPAN-GUAM (GUM) | | | | GUAM (GUM)-SAIPAN | | | |
| UA117 | 9:15am | 9:55am | 2, 4, 5, 7 | UA174 | 4:50am | 5:50am | 1, 3, 6 |
| UA117 | 6:30am | 7:10am | 1, 3, 6 | UA174 | 7:30am | 8:11am | 2, 4, 5, 7 |
| SAIPAN-MANILA (MNL) | | | | MANILA (MNL)-SAIPAN | | | |
| UA117/183 | 6:30am | 8:50pm | 2, 5 via Guam | UA184/174 | 9:50pm | 5:50am+1 | 2, 5 via Guam |
| UA117/183 | 6:30am | 9:10pm | 3, 6, 7 via Guam | UA184/174 | 10:25pm | 8:11am+1 | 3, 6, 7 via Guam |
| GUAM-MANILA (MNL) | | | | MANILA (MNL)-GUAM | | | |
| UA183 | 6:55pm | 8:50pm | 2, 5 | UA184 | 9:50pm | 4:00am+1 | 2, 5 |
| UA183 | 7:15pm | 9:10pm | 3, 6, 7 | UA184 | 10:25pm | 4:40am+1 | 3, 6, 7 |

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

| SAIPAN TO ROTA | | | | 1202 | 8:00 | 8:15 | Daily |
|----------------|-----------|---------|-------------------------|------------------|-----------|---------|-------------------------|
| FLIGHT # | DEPARTURE | ARRIVAL | FREQUENCY | 1203 | 9:00 | 9:15 | Daily |
| 1301 | 8:30AM | 9:00AM | Daily | 1204 | 10:00 | 10:15 | Daily |
| 1302 | 11:00AM | 11:30AM | Daily | 1205 | 11:00 | 11:15 | Daily |
| 1303 | 1:30PM | 2:00PM | Tues/Wed/Thurs/Fri | 1206 | 12:00 | 12:15 | Temporarily Unavailable |
| 1304 | 3:30PM | 4:00PM | Daily | 1207 | 13:00 | 13:15 | Temporarily Unavailable |
| ROTA TO SAIPAN | | | | 1208 | 14:00 | 14:15 | Daily |
| FLIGHT # | DEPARTURE | ARRIVAL | FREQUENCY | 1209 | 15:00 | 15:15 | Daily |
| 3101 | 9:30AM | 10:00AM | Daily | 1210 | 16:00 | 16:15 | Daily |
| 3102 | 12:00AM | 12:30AM | Daily | 1211 | 17:00 | 17:15 | Daily |
| 3103 | 1:30PM | 3:00PM | Tues/Wed/Thurs/Fri | 1212 | 17:00 | 17:15 | Temporarily Unavailable |
| 3104 | 4:30PM | 5:00PM | Daily | TINIAN TO SAIPAN | | | |
| ROTA TO GUAM | | | | FLIGHT # | DEPARTURE | ARRIVAL | FREQUENCY |
| FLIGHT # | DEPARTURE | ARRIVAL | FREQUENCY | 2101 | 7:30 | 7:45 | Temporarily Unavailable |
| 3401 | 12:15 | 12:45 | Temporarily Unavailable | 2102 | 8:30 | 8:45 | Daily |
| GUAM TO ROTA | | | | 2103 | 9:30 | 9:45 | Daily |
| FLIGHT # | DEPARTURE | ARRIVAL | FREQUENCY | 2104 | 10:30 | 10:45 | Daily |
| 4301 | 13:00 | 13:30 | Temporarily Unavailable | 2105 | 11:30 | 11:45 | Daily |
| 2106 | 12:30 | 12:45 | Temporarily Unavailable | 2107 | 13:30 | 13:45 | Temporarily Unavailable |
| 2108 | 14:30 | 14:45 | Daily | 2109 | 15:30 | 15:45 | Daily |
| 2110 | 16:30 | 16:45 | Daily | 2111 | 17:30 | 17:45 | Daily |
| 2112 | 18:30 | 18:45 | Temporarily Unavailable | 2112 | 18:30 | 18:45 | Temporarily Unavailable |

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235.3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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ADVERTISING For inquiries contact (670) 235-2769. E-mail: sales@saipantribune.com

Majesty to begin selling lunch sets today

Hood purchases Marianas Coffee

» Delivery for lunch sets available

By JOSHUA SANTOS
joshua_santos@saipantribune.com
REPORTER

Beginning today, Aug. 16 Majesty Chinese Restaurant in Garapan will sell \$8.50 daily lunch sets that include a main dish, rice, salad, soup, dessert, and bottled water.

The sets will be available for pickup at the Garapan location, or can be delivered to government buildings, schools, and other recognized buildings. The set menu items will change every two weeks. The sets will be prepared by the restaurant’s catering arm, Majesty Catering Services.

- The set menu for the week of Aug. 16 to 20 is as follows:
- Monday: Japanese Set Menu
 - Tuesday: Chinese Dim Sum
 - Wednesday: Chinese Barbecue
 - Thursday: Filipino Fiesta
 - Friday: Western Fusion

For delivery orders, Majesty Catering Services has set the minimum set order amount of five, with a \$0.50 added for every set order after five. For example, the minimum delivery charge will be \$2.50, and if a person were to order six sets the delivery charge will be \$3.

Majesty Catering Services is now accepting pre-orders by phone at 233-6075 or by Facebook messages sent to its page at <https://www.facebook.com/Majesty-Catering-Services-116796727299721/>.

NAVFAC Pacific awards contract for combat training facility on Camp Blaz

JOINT BASE PEARL HARBOR-HICKAM—Naval Facilities Engineering Systems Command (NAVFAC) Pacific awarded today an \$8 million firm-fixed price contract to Chugach Consolidated Solutions LLC of Anchorage, Alaska for the construction of a new combat training facility on Marine Corps Base Camp Blaz.

“This project will construct five critical individual combat training facilities, which includes a covered training area, a field training area, a rappelling training area, a hand-to-hand combat pit, and an obstacle

course, along with a covered bleacher and comfort station area,” said NAVFAC Pacific Design and Construction Design Manager Brandt Takeuchi. Work will be performed in Finegayan, Guam with an expected completion date of September 2022.

“This was another team effort project that will provide the Marines a much needed combat skills training facility on Guam as there are no similar facilities on Guam or the Commonwealth of the Northern Mariana Islands,” said Takeuchi. *(USN)*



Saipan resident David Hood, right, shakes hands with Marianas Coffee’s former owner, Chuck Jordan. CONTRIBUTED PHOTO

Saipan resident David Hood has purchased 100% ownership of the Marianas Coffee Co. in the CNMI and Guam. Hood announced the purchase in a statement last Friday, saying the Marianas Coffee’s former owner, Chuck Jordan, will be staying on temporarily as an executive consultant. “Chuck Jordan has a wonderful story and the Marianas Coffee brand has been an iconic symbol here in the Marianas for many years,” said Hood. “It will be business as usual as Mr. Jordan has agreed to an executive consulting role for up to 1.5 years.” Hood says the plan is to expand the coffee company’s wholesale and retail markets, including an online presence in the U.S. mainland. “Personally, I wanted to support the local economy and we will continue the manufacturing here in the Marianas. People will love the story,” he added. *(PR)*



Commonwealth of the Northern Mariana Islands

BOARD OF PAROLE

P.O. BOX 502641, Saipan, MP 96950-2641
Tel: Nos.: (670) 664-3300 – 3302 • FAX: (670) 664-3310
E-mail: govbopt@pticom.com



BOARD OF PAROLE

ST. MICHAEL

TO ALL MEDIA SERVICES
PUBLIC SERVICE ANNOUNCEMENT

MESSAGE: The Honorable Ralph Dlg. Torres, Governor and the Honorable Arnold I. Palacios, Lt. Governor, through the Board of Parole Office, and pursuant to Public Law 8-41, Section II of the “Open Government Act of 1992”, hereby give Official Notice than an **Executive Board Meeting** is scheduled for **August 19th & 20th 2021 Thursday – Friday, at 10:00 a.m., at the Rota Mayor’s Office, Tatchag Rota, MP 96951.** The following items are included the agenda:

Board of Parole Executive Meeting Agenda

I. **Preliminary Matters**
A. Call to order
B. Roll Call
C. Presence of Quorum

II. **Consent Items**
A. Adoption of Agenda

III. **New Business**
A. Salary Adjustment for Chief Parole Officer
B. Hiring/Job Opportunity for Officer I, II, III
C. Reallocation of current Administrative Assistant to Administrative Specialist
D. Proposed Revisions of Regulation Title 115

IV. **Miscellaneous**
A. Schedule of next Parole Hearing
B. Schedule of next Executive Meeting


V. **Adjournment**

If deemed necessary, members of the Board of Parole may elect to vote to meet in Executive Session to discuss any of the items listed above.

If you have any questions or need additional information, please contact the Board of Parole Office at telephone numbers 664-3300 or 664-3302.

/s/
Ramon B. Camacho
Chairman, Board of Parole

08/04/2021
Date



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
NORTHERN MARIANAS HOUSING CORPORATION

Tels: (670) 234-6866
234-9447
234-7689
234-7670
Fax: (670) 234-9021

PUBLIC NOTICE
This Notice is paid by NMHC with HUD funds.

**NOTICE OF FINDING OF NO SIGNIFICANT IMPACT
AND NOTICE OF INTENT TO REQUEST A RELEASE OF FUNDS**
August 04, 2021

Government of the Commonwealth of the Northern Mariana Islands
Northern Marianas Housing Corporation
Saipan, MP 96950 | Tel: (670) 234-9447/6866

This notice shall satisfy the above-cited two separate but related procedural notification requirements.

REQUEST FOR RELEASE OF FUNDS

On or after August 19, 2021, the Government of the Commonwealth of the Northern Mariana Islands will submit a request to the U.S. Department of Housing and Urban Development, Washington D.C., for the release of Community Development Block Grant Disaster Recovery (CDBG-DR) Supplemental Appropriations for Disaster Relief Act, 2019 P.L. 116-20, enacted on January 27, 2020, announced via Federal Register Notice, to undertake the following activity and purposes in Tinian, Commonwealth of the Northern Mariana Islands:

| Project/Activity Type | Purpose | Location | Total Project Cost |
|--|---|-----------------------------------|--------------------|
| Replacement of CUC Tinian Carolinas .50 million gallon welded steel water tank to a new .50 million gallon concrete water tank project | The new .50 million gallon pre-stressed concrete water tank will address the need for a durable robust, and sustainable tank that will withstand seismic and typhoon conditions and have a longer lifespan. | Carolinas Heights Village, Tinian | \$ 5,180,000.00 |

FINDING OF NO SIGNIFICANT IMPACT

The Government of the Commonwealth of the Northern Mariana Islands has determined that the above-listed projects will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) and is ready for public viewing on the Northern Marianas Housing Corporation (NMHC) website at www.nmhcgov.net or www.cnmi-cdbgdr.com; or you may visit the on file at the NMHC Central Office in Garapan, Saipan or NMHC CDBG-DR Office in Beach Road Chalan Laulau, Saipan during regular work hours, Monday through Friday except CNMI Holidays, from 7:30 A.M. to 4:30 P.M.

PUBLIC COMMENTS

Any individual, group or agency disagreeing with this determination or wishing to comment on the project may submit written comments to the Northern Marianas Housing Corporation. You may submit comments from the following options: Via mail to P.O. Box 500514, Saipan, MP 96950; Direct delivery to the central office in Garapan, Saipan or drop-box located in front of the building; and Via email at officemanager@nmhcgov.net. All comments received by **August 19, 2021, 4:30 p.m.**, will be considered by the Government of the Commonwealth of the Northern Mariana Islands prior to authorizing submission of a request for release of funds. Commentors should specify which part of this Notice they are addressing.

RELEASE OF FUNDS

The Government of the Commonwealth of the Northern Mariana Islands certifies to the U. S. Department of Housing and Urban Development (HUD), Washington D.C. that the Government of the Commonwealth of the Northern Mariana Islands and Governor Ralph DLG. Torres consent to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process, and that these responsibilities have been satisfied. The U. S. Department of Housing and Urban Development (HUD), Washington D.C. acceptance of the certification satisfies its responsibilities under the National Environmental Policy Act of 1969 and related laws and authorities, and allows the Government of the Northern Mariana Islands to use Program Funds.

OBJECTION TO RELEASE OF FUNDS

The U. S. Department of Housing and Urban Development (HUD) Washington D.C. will accept objections to its release of funds and the Government of the Northern Mariana Islands certification for a period of **fifteen days** following anticipated submission date or its actual receipt of the request (whichever is later) only if it is on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Government of the Northern Mariana Islands; (b) the Government of the Northern Mariana Islands has omitted a step or failed to make a decision or finding required by the U. S. Department of Housing and Urban Development regulations at 24 CFR Part 58; (c) the grant recipient has incurred cost not authorized by 24 CFR Part 58 before approval of the release of funds by the U. S. Department of Housing and Urban Development; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures of 24 CFR Part 58 and shall be addressed to Ms. Tennille Smith Parker, DRSI Division Director, HUD, via email at Tennille.S.Parker@hud.gov ; Tel: (202)402-4649. Potential objectors should contact the U.S. Department of Housing and Urban Development to verify the actual last day of the objection period.

/s/
Ralph DLG Torres
Governor, CNMI



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS (CNMI)
OFFICE OF THE GOVERNOR
DEPARTMENT OF PUBLIC LANDS (DPL)
 Tel.: (670) 234-3751 • Website: www.dpl.gov.mp • Email: dpl@dpl.gov.mp

NOTICE OF PROPOSED LEASE OF PUBLIC LAND

In accordance with Section 106 (b) of Public Law 15-2, the Department of Public Lands hereby gives notice of its intent to lease certain public land in Saipan, Commonwealth of the Northern Mariana Islands. Any interested parties of the general public may submit comments, data, views, or arguments of alternative proposals for the lease of the public land. As further provided by Public Law 15-2, the following pertinent information is required to be published.

- The proposed lease of public land is described as Lot 012 E 02, containing an area of approximately 3,140 square meters, more or less, and Lot 012 E 03, containing an area of approximately 3,060 square meters, situated in Lower Base, Saipan. A map showing the location of the parcel is available at the Department of Public Lands and website www.dpl.gov.mp for inspection.
- The prospective lessee is Ji Cheng (USA) Corporation. The lists of officers for Ji Cheng (USA) Corporation are Zuo, Lina, as President / Treasurer, Wang, Chun-Chi, as Vice President and Zhang Jun, as Secretary.
- The proposed lease is compliant with DPL regulations and was negotiated by the officers and directors of Ji Cheng (USA) Corporation, mainly Zhang Jun.
- The lessee shall use the premises solely for the purpose of a business to produce stainless steel water tanks and build steel structure factory buildings.

The term of the proposed lease agreement is 25 years.

The proposed annual rental during the term of the lease agreement is based on a percentage of the appraised fair market value of the property plus the applicable percentage of Business Gross Receipts in DPL's regulation.
- A copy of the proposed lease agreement may be obtained at the office of the Department of Public Lands, located on the 2nd floor of the Joeten Dandan Commercial Building in Dandan, Saipan; 1st floor of the De'Ana Commercial Building, Songsong Village, Rota; or the 1st floor of the PM Building, Tinian. A copy will also be available online at www.dpl.gov.mp
- The Department of Public Lands has received no alternative proposals to lease the subject public land in Lower Base, Saipan.
- The Secretary of the Department of Public Lands shall accept written comments, views, arguments or alternative proposals from interested parties on or before August 25, 2021 at the Department of Public Lands offices located in Saipan, Rota or Tinian.

NUTISIA PUT I MANMAPROPONI NA ATKILON NU TĀNU' PUPBLIKU

Sigun gi Seksiona 106 (b) gi Lain Pupbluku 15-2, i Dipattamentun Tanu' Pupbluku mannānā'i nutisia guini put i intension-ñiha para u ma'atklia metton na tanu' pupbluku giya Saipan, Commonwealth gi Sangkattan na Islas Mariānas. Maseha hāyi na pattida ni intirisao gi halum henerat pupbluku siña muna'hālum upiñon, infotmasion, pat testimonium kinontra gi tinahguin prinoponi siha para i atkilon nu i tanu' pupbluku. Kumu mapribeni mās mo'na ginin i Lain Pupbluku 15-2, i tinattiyi pettanesi na infotmasion manisisisa para u mapupblika.

- I maproponi na atkilon tanu' pupbluku madiskribi kumu Lot 012 E 02, ni kunsissisti kási 3,140 square meters, mās pat menus, yan Lot 012 E 03, ni kunsissisti kási 3,060 square meters, ni gaigi gi hālum Lower Base, iya Saipan. I kopian pättin i lugāt managuaha gi ufisinan Dipattamentun Tanu' Pupbluku yan i website gi www.dpl.gov.mp para inspeksion.
- I prospective lessee i Ji Cheng (USA) Corporation. I listan ufisiat siha para i Ji Cheng (USA) Corporation si Zuo, Lina, komu Presidenti/Tresuraru, Wang, Chun-Chi, komu Sigundu Presidenti yan si Zhang Jun, komu Sekritariu.
- I maproponi na atkilon ha tattiyi i regulasion DPL siha yan ginin manegosiu ni manufisiat yan direktot nu Ji Cheng (USA) Corporation, mayumentu as Zhang Jun.
- I lessee debi na u usa i lugāt put atyu ha' na rason nu i bisnis ni para u prudusi "stainless steel" na tñkin hānum yan hinātsan "steel structure factory buildings."

I tema nu i maproponi na kontratan atkilon sa bentsingku (25) āñus na tiempu.

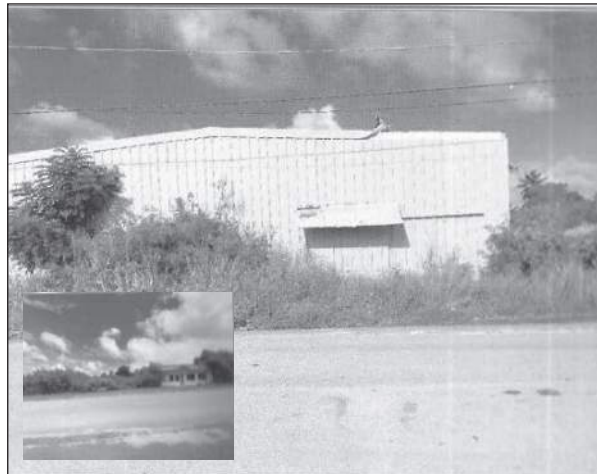
I maproponi na atkilon gi kada' sākkan gi durāntin teman kontratan i atkilon mapega gi putsientus nu i bālin "appraised fair market" i propiedat yan i aplikao na putsientu nu i Business Gross Receipts gi halum i regulasion DPL.
- I kopian nu i maproponi na kuntratan atkilon siña machuli' gi ufisinan i Dipattamentun Tanu' Pupbluku, ni gaigi gi sigundu (2nd) na bibiendan i Joeten Dandan Commercial Building iya Dandan, Saipan, primet (1st) na bibiendan i De'Ana Commercial Building, iya Songsong Village, Luta; osino i primet (1st) na bibiendan i PM Building, giya Tinian. I kopia managuaha lolkui' "online" gi www.dpl.gov.mp
- I Dipattamentun Tanu' Pupbluku taya marisibi ni hāfa na tinahguin inofresi siha ni para u ma'atklia i suhetu na tanu' pupbluku gi Lower Base, iya Saipan.
- I Sekritarian Dipattamentun Tanu' Pupbluku debi na u akseptat tinigi' upiñon, infotmasion, testimonium kinontra pat tinahguin prinoponi siha ginin i manintirisao na pattida siha gi pat āntis di Agosto 25, 2021 gi ufisinan Dipattamentun Tanu' Pupbluku siha ni gaigi giya Saipan, Luta pat Tinian.

ARONGORONG REEL MANGEMANGIL POMMWOL ATKKILOONOL FALUWEER TOULAP

Sāngi Tālii 106 (b) reel Allēghūl Toulap 15-2, Bwulasiyol Ammwelil Faluweer Toulap e attotoowow arongorong reel igha re mǎngemāngil rebwe atklilaay akkāaw faluweer toulap lōl Seipēl, Commonwealth Téel Faluw kka Efang lōl Marianas. Schōo kka re mwuschel isisilong kkapas, data, views, ngare angingi reel pommwol atkkiloonol faluweer toulap. Eyoor sāngi Allēghūl Toulap 15-2, arongorong ikka e amwirimiriwitiw ebwe akkatēwōw.

- Pommwol atkkiloonol faluweer toulap e bwāalō bwe Lot 012 E 02, e bwāā bwe 3,140 reel square meters, elapelō ngāre eghus, me Lot 012 E 03 e bwāā bwe 3,060 reel square meters, e lo Lower Base, Seipēl. Pappidil faluw yeel eyoor me Bwulasiyol Ammwelil Faluweer Toulap me bwal wōol website me www.dpl.gov.mp ngāre u mwuschel amwuri.
- Pommwol schōol atkkiloon nge Ji Cheng (USA) Corporation. List-al officers ngāli Ji Cheng (USA) Corporation nge Zuo, Lina bwe President/Treasurer, Wang, Chun-Chi, bwe Vice President me Zhang Jun, bwe Sekkretōriyo.
- Pommwol atkkiloon nge e angūūngū fengāl me mwōghutughutūl DPL me e abwungubwung sāngi officers me directors sāngi Ji Cheng (USA) Corporation, spesiātmente Zhang Jun.
- Schōol atkkiloon ebwe yāyā faluw ngāli ffēerūl "stainless steel water tanks" me kkayūl "steel structure factory buildings". Pommwol abwungubwungūl Atkkiloonol Faluweer Toulap nge reweigh me limoow (25) rāagh.

Pommwol atkkiloonol ghal rāagh atol abwungubwungūl atkkiloon nge e lo reel "percentage" sāngi "appraised fair market value" reel faluw fengāl me "applicable percentage of Business gross Receipts" lōl mwōghutughutūl DPL.
- Pappidil pommwol abwungubwungūl Atkkiloon emmwel ubwe bweibwogh mereel Bwulasiyol Ammwelil Faluweer Toulap, iye e lo 2nd floor reel Joeten Dandan Commercial Building, Seipēl; 1st floor reel De'Ana Commercial Building, aplōmwol Songsong, me Luuta; ngāre 1st floor reel PM Building, Tchiliyōl. Ebwal yoar pappidil mille online me www.dpl.gov.mp
- Bwulasiyol Ammwelil Faluweer Toulap rese bweibwogh pommw iye re siweli ngāli atkkiloon iye e lo weilāng reel faluweer toulap me Lower Base, Seipēl.
- Sekkretōriyal Bwulasiyol Ammwelil Faluweer Toulap emmwelil bweibwogh ischil mǎngemāng, views, angii ngāre pommw iye re siweli sāngi schōo kka re mwuschel wōol ngāre mmwalil Agosto 25, 2021 me Bwulasiyol Ammwelil Faluweer Toulap me Seipēl, Luuta, ngāre Tchiliyōl.



Docomo Pacific earns Best of the Pacific award two years in a row

TAMUNING, Guam—Docomo Pacific, regional leader in innovation, telecommunications, & entertainment, wins Best of the Pacific award for the second consecutive year.

Best of the Pacific is an annual award given by the *Stars and Stripes* publication to provide local shop recommendations for military community members in Guam, Japan, and Korea. Winners of the award are chosen through

a voting system selected by military members.

"We want to thank our military friends for voting us the 2021 Best Cellphone Provider," said Docomo Pacific chief executive officer Roderick Boss. "We strive to provide our customers with amazing products and services and a network they can rely on. This award inspires us to continue pushing forward and providing the

best possible products and services."

The *Stars and Stripes* community sites provide servicemembers, dependents and all members of the military community a variety of lifestyle news and information, including travel tips, PCS advice, local culture and customs, and more. For more information, you can visit their website at www.stripes.com. **(PR)**



From left, Docomo Pacific employees Isaac Novilla, brand coordinator; Roderick Boss, chief executive officer; Marilyn Borja, EVP, Enterprise Business Unit; and Jared Roberto, public relations manager.

CONTRIBUTED PHOTO



Commonwealth Utilities Corporation
Office of the Executive Director



REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES
CUC-RAESP-21-037

A&E SERVICES FOR TINIAN WASTEWATER TREATMENT PLANT (WWTP)

& ROTA WASTEWATER TREATMENT PLANT (WWTP)

PRELIMINARY ENGINEERING REPORT & ENVIRONMENTAL IMPACT ASSESSMENT

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified Architectural and Engineering (A&E) firms for Preliminary Engineering Reports (PER) and Environmental Impact Assessment for Wastewater Treatment Plants (WWTP) on Tinian and Rota. The services shall include preparation of the PER as per USDA RUS Bulletin 1780-2, an Environmental Assessment for submittal to the CNMI Coastal Resources Management (CRM) as a Major siting Permit Application.

This project is funded by a grant from the United States Office of Insular Affairs, U.S. Department of Interior.

Prospective Proposers for this project must pre-register with the CUC Procurement & Supply Division. The RAESP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 for one package set.

One (1) original and Five (5) hard copies of the Proposal and One (1) original and five (5) hard copies of the Cost Proposal in a separate envelope must be submitted in a sealed envelope marked "CUC-RAESP-21-037, A&E Services for Tinian Wastewater Treatment Plant (WWTP) & Rota Wastewater Treatment Plant (WWTP) – Preliminary Engineering Report & Environmental Impact Assessment", to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 a.m., (ChST) on September 8, 2021. Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the proposal requirements in the course of Consultant's preparation of a proposal under the contract. The RAESP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the statement of qualifications under this request, or to procure or contract for services. Consultants are required to comply with all CNMI and applicable Federal Laws. This RAESP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on August 16, 2021** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email – manny.sablan@cucgov.org with a copy to Larry Manacop, CUC Acting Chief Engineer at email larry.manacop@cucgov.org and Ms. Marcela Tenorio, Administrative Technician Senior – via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all proposals and waive any imperfection in the proposal in the best interest of the government. All proposals shall become the property of CUC.

GARY P. CAMACHO
 Executive Director

MANNY B. SABLAN
 Purchasing Administrator

World

Powerful quake adds to Haiti's misery, killing at least 304



People gather outside the Petit Pas Hotel, destroyed by the earthquake in Les Cayes, Haiti, Saturday, Aug. 14, 2021. AP

Taliban seize Afghanistan city as helicopters land by US Embassy

KABUL, Afghanistan (AP)—The Taliban on Sunday seized the last major city outside of Kabul held by the country's central government, cutting off the capital to the east as helicopters began landing at the U.S. Embassy there.

The collapse of Jalalabad, near a major border crossing with Pakistan, leaves Afghanistan's central government in control of just Kabul and six other provincial capitals out of the country's 34. In a nationwide offensive that has taken just over a week, the Taliban has defeated, co-opted or sent Afghan security forces fleeing from wide swathes of the

country, even with some air support by the U.S. military.

The rapid shuttle-run flights near the embassy began a few hours later as diplomatic armored SUVs could be seen leaving the area around the post. The U.S. State Department did not immediately respond to questions about the movements. However, wisps of smoke could be seen near the embassy's roof as diplomats urgently destroyed sensitive documents, according to two American military officials who spoke on condition of anonymity because they were not authorized to discuss the situation.

Census data: US is diversifying as its white population shrinks

No racial or ethnic group dominates for those under age 18, and white people declined in numbers for the first time on record in the overall U.S. population as the Hispanic and Asian populations boomed this past decade, according to the 2020 census data.

The figures released Thursday by the U.S. Census Bureau offered the most detailed portrait yet of how the country has changed since 2010 and will also be instrumental in redrawing the nation's political maps.

The numbers are sure to set off an intense partisan battle over representation at a time of deep national division and fights over voting rights. The numbers could help determine control of the House in the 2022 elections and provide an electoral edge for years to come.

The data also will shape how \$1.5 trillion in annual federal spending is distributed.

The data offered a mirror not only into the demographic changes of the past decade, but also a glimpse of the future. To

that end, they showed there is now no majority racial or ethnic group for people younger than 18, as the share of non-Hispanic whites in the age group dropped from 53.5% to 47.3% over the decade.

The share of children in the U.S. declined because of falling birth rates, while the share of adults grew, driven by aging baby boomers. Adults over 18 made up more than three-quarters of the population in 2020, or 258.3 million people, an increase of more than 10% from 2010. However, the population of children under age 18 dropped from 74.2 million in 2010 to 73.1 million in 2020.

"If not for Hispanics, Asians, people of two or more races, those are the only groups underage that are growing," said William Frey, a senior fellow at Brookings' Metropolitan Policy Program. "A lot of these young minorities are important for our future growth, not only for the child population but for our future labor force." (AP)

LES CAYES, Haiti (AP)—A powerful magnitude 7.2 earthquake added to the misery in Haiti, killing at least 304 people, injuring a minimum of 1,800 others and destroying hundreds of homes. People in the Caribbean island nation rushed into the streets to seek safety and to help rescue those trapped in the rubble of collapsed homes, hotels and other structures.

Saturday's earthquake struck

the southwestern part of the hemisphere's poorest nation, almost razing some towns and triggering landslides that hampered rescue efforts in two of the hardest-hit communities. The disaster also added to the plight of Haitians, who were already grappling with the coronavirus pandemic, a presidential assassination and deepening poverty.

The epicenter of the quake was about 125 kilometers (78 miles) west of the capital of

Port-au-Prince, the U.S. Geological Survey said. The widespread damage could worsen by early next week, with Tropical Storm Grace predicted to reach Haiti late Monday or early Tuesday.

Aftershocks were felt throughout the day and late into the night, when many people now homeless or frightened by the possibility of their fractured homes collapsing on them stayed in

the streets to sleep—if their nerves allowed them.

In the badly damaged coastal town of Les Cayes, under darkness that was only punctured by flashlights, some praised God for surviving the earthquake.

"We are alive today because God loves us," said Marie-claire Jean-Pierre, whose home collapsed a moment after she and her son stepped outside when they felt the ground begin to shake.

IN CELEBRATION OF ETERNAL LIFE

† *Lourdes Inos Taisacan Manglona*

Born to life: June 30, 1938 | Called to Eternal life: August 09 2021

In her new life she now joins:

Parents: †Juan Satur Taisacan and †Ana Atalig Inos Taisacan.

Daughters: †Ana DLC Dizon and †Cassandra T. Delacruz

Sons: †Allen T. Delacruz and †James T. Delacruz

Brother/Sisters and In-Laws: †Carmen and Roy Schelling
†Leon and Lydia Taisacan
†Isabel and Manuel Candaso

Her memories will live forever in the hearts of her:

Husband: Ignacio San Nicolas Manglona
Sister/Brother-in-law: Ana and Joaquin Tyquienco.
Brother/Sister-in-law: Felipe Q. And Elvie Atalig

Children:

- Victorina C./Jose C. Camacho and Family (Daran, Dorsha, Dion, Dustin, Dervin, Delbert)
- Juan T./Fausia M. Delacruz and Family (Calvert, Cassandra, Catrina, Chantel, Cornessa, Chioni)
- †Ana DLC/Bernardino Dizon
- Patrick T. Delacruz/Joan Aguigui and Family (Angelica, Trina, Patrick Jacob)
- †James T. Delacruz
- Jacqueline DLC/Anthony Cruz and Family (Chelsea, Loutania, Rico, Cassi'Ana)
- †Allen T. Delacruz (Raeanalynn, Allen James)
- †Cassandra T. Delacruz
- Edwin T./Lisa V. Manglona and Family (Edwin John, Elene Joy)
- Jocelyn M./Joseph Cruz and Family (Zandeleigh, Jolicia, JaeLayna, Andrea)

Reared Children:

Lisa M./Luis Torres and Family
Vivian M./Joseph Reyes and Family
Delores M./Richard Benavente and Family

Dedicated Caregivers: Janet Batimana, Shirley Malacas and Nannete Nipos (Guahan Care Services)

She will be dearly missed by 27 Grandchildren, 37 Great-Grandchildren and numerous nieces and nephews.

Mass will be held daily at 6pm at St. Jude Church, San Antonio Church, and Mt. Carmel Cathedral. Funeral services will be held on Thursday, on August 19, 2021 from 9:00am to 12:00pm at the Guam Memorial Home in Barrigada. Burial to follow at Vicente Limtiaco Cemetery (Tiguac) Nimitz Hill, Guam.

On behalf of the family, we would like to say Sen Dankulu na si Yu'us Ma'ase, Gilisao, Salamat po and Thank you for your kind thoughts and prayers. We greatly appreciate it.

The Family

Health & Wellness

This advertorial
is sponsored by



Tan Siu Lin
Foundation

MAYO CLINIC Q&A

5 stair exercises to do at home

By CYNTHIA WEISS
MAYO CLINIC NEWS NETWORK

DEAR MAYO CLINIC: Like many people, I am now working at home. Unfortunately, with my schedule, I have not been able to work out regularly, outside of running downstairs for a quick snack between meetings. What can I do at home for exercise?

ANSWER: You don't need fancy gym equipment to get a good workout. You certainly do not even need to leave your home. Squeeze some quick exercise into your day by simply stepping onto your stairs.

Research shows that stair-climbing helps strengthen and tone your leg muscles. It keeps your leg arteries flexible, allowing blood to move more easily. Better blood flow in your legs equals a healthier heart and body.

Taking a three-minute stroll up and down the stairs after a meal also may help you control your blood sugar. Skimp on sleep last night? If you're a young woman, stair-climbing may wake you up better than a small cup of coffee.

A simple stroll up and down the stairs gives you an aerobic workout. But you can get an even greater health boost by adding in a few resistance and balance-related moves.

Step up your daily exercise routine with these five simple stair exercises:

Stair pushup

- Firmly place your hands on a step. Your hands should be directly under your shoulders.
- Push your toes into the floor and extend your legs into a plank position. You should feel your core, or stomach, muscles working.
- Inhale and bend your elbows. Lower your body until your chest is just above the stairs.

- Exhale while straightening your arms and raising your body back to the starting position.
- Keep your neck and back in a neutral position during this exercise. Don't let your hips drop.
- If you can't lower your body to the stairs, use the next higher step.

Stair crawl

- Begin at the bottom of the stairs, on your arms and legs.
- Your arms should be under your shoulders, knees below your hips, and feet resting on the ground.
- Slowly raise up to your toes, lifting both knees off the floor.
- Keep your back in a neutral position.
- Begin crawling up the steps by moving your opposite arm and leg forward at the same time to the next step.
- Alternate this cross-body pattern for the desired number of stairs you wish to climb.



Stair lunge

- Facing away from the stairs, stand tall with your feet shoulder-distance apart.
- Move your left leg backward to rest on a step.
- Inhale, bend your right knee, and lower your body.
- Exhale and extend your legs, then return to a standing position.
- Your front knee should be over the center of your front foot. Don't let the knee bend beyond your toes.
- Repeat for the desired number of repetitions before switching to put the right foot on a step.

Step up

- Stand tall with feet shoulder-distance apart in front of a step.
- Tighten your core and place your left foot flat on the step while keeping your spine straight.
- Shift your weight onto the left foot.
- Breathe out, press through the left heel and move your body up onto the step.

- Place the right foot entirely on the step. Breathe in, and then slowly lower your left foot to the floor.
- Return the right foot to the floor to return to your standing position.
- Continue leading with the left leg until you've completed your goal number of repetitions, then repeat on the opposite side.
- Want a bigger challenge? Hold a dumbbell or weighted object in the opposite hand of the stepping leg.

Side step

- Stand with your feet parallel, or sideways, to the stairs. The right side of your body should be closest to the stairs.
- Using your stomach muscles, bend your knees and hips slightly.
- Step the right foot onto the first step, followed by the left.
- Continue this stepping motion until you've reached the top of the stairs.
- Always lead with the high foot. Don't let your feet cross while climbing up the stairs.
- Walk back down the stairs and

repeat the sequence with the left leg leading.

■ Alternatively, you can stay on one step going up with the right leg and then down to the starting position.

Stair safety

Good balance is a must for any stair activity. Before starting any type of stair exercise, make sure you are steady on your feet. If you cannot stand on one leg for 45 seconds without holding onto something, you may not be able to safely perform some of these exercises. If you aren't sure if you should give them a try, ask your health care provider if stair exercises are safe for you.

And, last, put your phone down. Scrolling through social media, or answering a text or call during a stair exercise, could lead to a dangerous misstep and fall.

Dr. Thomas Rizzo Jr., Physical Medicine and Rehabilitation, Mayo Clinic, Jacksonville, Florida. ©2021 Mayo Clinic News Network. Visit newsnetwork.mayoclinic.org. Distributed by Tribune Content Agency, LLC.

Let's get physical

By Jerry Zezima
TRIBUNE NEWS SERVICE

As a geezer whose idea of physical fitness is doing 12-ounce curls and getting up twice a night to go to the bathroom, I had always thought that exercise and health food will kill you.

Then I decided, after packing pathetically paunchy pandemic poundage, to join a gym.

Even though I have maintained my boyish figure and weigh in at a trim 180 pounds, which is distributed nicely over my 6-foot frame, looks can be deceiving. So I figured my sedentary lifestyle needed adjustment, if only to have an excuse to stop eating the many vegetables that my wife, Sue—a longtime gym member—often makes as part of what she calls a “balanced diet.”

Since I think a “balanced diet” is either spaghetti and meatballs or hot dogs and beans, I relented and signed up at Planet Fitness for a day pass, which I hoped wouldn't lead to a bypass.

Sue and I showed up after dinner (chicken and, of course, vegetables)

and saw that the gym was, according to Sue, uncharacteristically crowded.

“Maybe all these people are here to see if I'll need CPR,” I theorized.

That was a distinct possibility after a grueling half-hour workout, which was broken down into 10 minutes each on a stationary bike, a treadmill and an elliptical machine.

“I'm not going anywhere,” I said as I pedaled furiously, two bikes over from Sue because the gym practices safe social distancing.

Since I was wearing a mask, which made it hard to gasp for air, she mercifully didn't hear me.

At the end of 10 minutes, I had logged 1.61 miles and burned 47 calories.

I did even worse on the treadmill, going 0.34 miles and burning 34 calories.

The final indignity came on the elliptical machine, where I went 0.57 miles and burned 55 calories.

“Are you done?” asked Sue, looking fresh as a daisy.

“Huff, huff, huff!” I responded.

When we got home, I gulped down a beer.

“You're having beer after working

out?” Sue said incredulously.

“Why not?” I replied. “It's better than broccoli.”

In fact, I felt so invigorated I signed up for a gym membership.

Two days later, I met Joe Robles, a personal trainer who asked what I wanted to accomplish.

“My main goal,” I said, “is to stay alive.”

“I think we can help,” said Joe, who is 31.

When I told him that I'm 67, he said, “Get out!”

“My membership sure didn't last long,” I said.

“No, I mean you look a lot younger,” Joe said. “And you're in pretty good shape.”

“I owe it all to beer,” I said, adding that I had a cold one after working out with Sue.

“One is OK,” Joe said. “It's empty calories.”

“My head is empty,” I remarked, “so maybe that's where the calories go.”

Then I told Joe about my pathetic performance a couple of nights before.

“I was slower than a tortoise with a broken leg,” I said.

“You have to pace yourself and come up with a workout plan,” said Joe, who suggested I go to the gym three times a week and do short exercises, including weightlifting on the Smith machine.

“If I don't keel over,” I asked, “would you rename it the Zezima machine?”

“That would be awesome!” Joe said.

“Until today, my personal trainers have been my wife and my grandchildren,” I said. “They've kept me in good shape. Now it's up to you.”

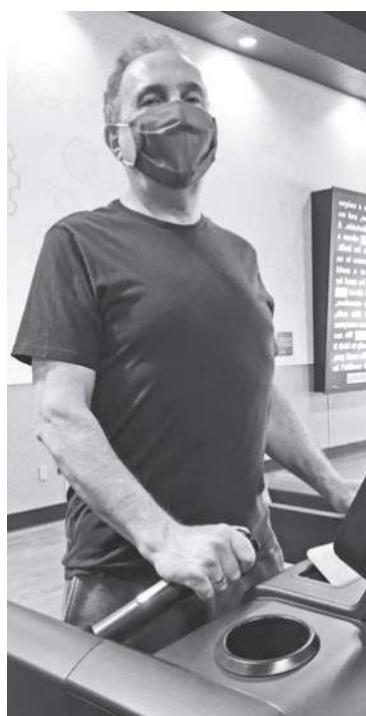
“I know I can handle it,” said Joe. “We have everything you need here.”

“Does that include beer?” I asked.

“Unfortunately, we don't have any,” Joe said. “But that doesn't mean you can't have one when you get home. It'll hit the spot after you work out.”

“I'll tell my wife what you said,” I replied happily. “She'll be amazed to know that my exercise regimen still includes 12-ounce curls.”

Jerry Zezima writes a humor column for Tribune News Service and is the author of five books. Email: JerryZ11@optonline.net. Blog: jerryzezima.blogspot.com.



Jerry Zezima treads lightly on the treadmill. JOE ROBLES

Life & Style

DEAR ABBY

By Abigail Van Buren

FROM UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



Bakery's food-safety issues have former worker worried

DEAR ABBY: A year ago I was working at a small wholesale bakery with maybe 15 employees. While I was there, the place was overrun with food-safety issues, including mice, allergen cross-contact issues and poor employee hygiene practices. At the time, the owner was working on fixing some of the problems, but not fast enough for my taste. Although he was never my favorite person, he was clearly overwhelmed with running a business and didn't have the resources to fix the problems.

Now that I have been gone for some time, I'm on the fence about whether I should leave an online review or comment detailing some of the problems. I don't want to hurt a struggling business, and it's possible these problems have been fixed, but there is no way for me to know for sure because I am no longer there. Personally, I think customers should know about these issues before purchasing their products, but I don't want to stick my nose where it shouldn't go. Even if I leave a review anonymously, there is always a chance they will find out. Advice?

POSSIBLE WHISTLEBLOWER

DEAR WHISTLEBLOWER: I agree customers of that bakery should know there are possible problems. Rather than leave an anonymous review, contact the health department in your city and report the conditions you observed. It should trigger an inspection of the place. Your personal feelings about the owner have nothing to do with this. The cross-contamination you described could trigger a possibly fatal allergic reaction. And the vermin infestation and poor hygiene practices of the employees could cause someone to become seriously ill.

■ ■ ■ ■

DEAR ABBY: My 53rd high school class reunion is coming up. Former classmates have been emailing me about participating. I do not want to go. I went to my 50th and that was enough catching up for me. I like hearing about the lives of my former classmates from our class correspondent, but 50 years ago I moved more than 1,000 miles away and began a new life. So did my parents and siblings.

Today, my parents are gone, and my siblings and I are spread around the country. There's nothing left in my hometown for me other than the graves of my father's family, our old family home and memories. Is there something wrong with me because I'd rather spend time with my friends in my present city and travel to the remaining places on my bucket list? Should I be ashamed of my attitude, or am I "normal"?

FEELING GUILTY IN TEXAS

DEAR FEELING: It is normal and healthy to want to concentrate on the present rather than keep revisiting the past. I see nothing shameful about it and nothing to feel guilty for. You attended your 50th and touched base with your old classmates. It was a blessing to be able to do that. If, however, the trip down memory lane and the number of classmates no longer on this side of the sod depressed you, skip future reunions, concentrate on the future, and do it without beating yourself up.

For everything you need to know about wedding planning, order "How to Have a Lovely Wedding." Send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Wedding Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

SHOWBIZ TIDBITS

Sony delays 'Venom' sequel release amid delta surge

NEW YORK (AP)—In the biggest sign yet that Hollywood's fall plans are being altered by the coronavirus surge driven by the delta variant, Sony Pictures on Thursday delayed the release of the big-budget sequel "Venom: Let There Be Carnage." Instead of opening in theaters Sept. 24, the "Venom" sequel will now debut Oct. 15. The film, starring Tom Hardy, had already been delayed numerous times during earlier stages of the pandemic. But after constant turmoil, the fall movie calendar has stayed relatively calm until recently. Last week, Paramount Pictures postponed the release of "Clifford the Big Red Dog," citing the delta variant. What "Venom" and "Clifford" have in common is that they're planned as theater-only releases. Sony doesn't have a major streaming platform the way Disney and Warner Bros. do. Those studios have been relaying partly on subscription boosts or digital rentals to offset lost box office. The original "Venom" earned \$856 million globally in 2018.

Britney Spears' dad will exit conservatorship, but not yet

LOS ANGELES (AP)—Britney Spears' father said in a court filing Thursday that he is planning to step down from the conservatorship that has controlled her life and money for 13 years, but his departure is not imminent. James Spears filed legal documents saying that while there are no grounds for his removal, he will step down after several lingering issues are resolved. The document gives no timetable for his

resignation from his role helping oversee his daughter's finances. "Mr. Spears continues to serve dutifully, and he should not be suspended or removed, and certainly not based on false allegations," the filing said. "Mr. Spears is willing to step down when the time is right, but the transition needs to be orderly and include a resolution of matters pending before the Court." Those matters include the next judicial review of the pop singer's finances, which has been delayed by months of public and legal wrangling over James' Spears role and the legitimacy of the conservatorship by Britney Spears and, in recent weeks, her new attorney. The documents say that James Spears has been "the unremitting target of unjustified attacks" but "he does not believe that a public battle with his daughter over his continuing service as her conservator would be in her best interests."

New Zealand loses its precious 'Rings' series to Britain

WELLINGTON, New Zealand (AP)—New Zealand has long been associated with "The Lord of the Rings" but with the filming of a major new television series suddenly snatched away, the nation has become more like Mordor than the Shire for hundreds of workers. In a major blow to the nation's small but vibrant screen industry, Amazon Studios announced Friday it would film the second season of its original series, inspired by the books of J.R.R. Tolkien, to Britain. "The shift from New Zealand to the U.K. aligns with the studio's strategy of expanding its production footprint and investing in stu-

dio space across the U.K., with many of Amazon Studios' tentpole series and films already calling the U.K. home," the company said in a statement. The move came as a blow to many in New Zealand. The production is one of the most expensive in history, with Amazon spending at least \$465 million on the first season, which just finished filming in New Zealand, according to government figures. The series employed 1,200 people in New Zealand directly and another 700 indirectly, according to the figures.

Chelsea Clinton plans full year of 'She Persisted' books

NEW YORK (AP)—Chelsea Clinton has a full schedule of books coming in 2022. The daughter of former President Bill Clinton and former Secretary of State Hillary Clinton is continuing her popular "She Persisted" children's series with "She Persisted in Science: Brilliant Women Who Made a Difference." Chelsea Clinton will write the book, which honors Florence Nightingale, Jane Goodall and Greta Thunberg among others, and Alexandra Boiger will provide illustrations. "She Persisted in Science" comes out March 1, Philomel Books announced Friday. Philomel is a Penguin Random House imprint. Clinton and Boiger, along with illustrator Gillian Flint, also will collaborate on 10 new "She Persisted" chapter books, including works on Coretta Scott King, Maya Lin, Wilma Mankiller and Temple Grandin. Clinton will write introductions, Boiger will create the cover art and Flint the drawings inside.

Celebrating His New Life

†ALDEBERT CONCEPCION

LOVINGLY KNOWN AS AL/ALBERT/A'BECK

BORN ON OCTOBER 22, 1953, AND CALLED TO HIS ETERNAL REST
ON AUGUST 3, 2021, IN SAN DIEGO, CALIFORNIA

Predeceased by:
Mother: †Luise Concepcion Ayuyu
Father: †Albert C. Tenorio
Stepfather: †Jose S. Ayuyu
Parents In Law: †Jose San Nicolas & †Rosario Cabrera Attao
Siblings/In Laws: †Juan C. & †Rita M. Santos; †Ignacio C. Santos; †Elphidia S. & †George Gusuel; †Henry C. & †Soledad Santos; †Tito C. Santos; †Luis T. Hocog; †Juan C. Tenorio; †Froilan C. Tenorio; †Vicente C. Attao; †Isabel Castro

Survived by:
Wife: Celina Attao Concepcion
Children/Spouses/Grandchildren:
 Aldebert Jr. & Carminadela N. Concepcion (Aldebert III, Joseph, Brian)
 Christopher A. & Natsu K. Concepcion
 Kimberly C. & Cole Pritchard (Noa)
 Michael A. Concepcion & Sheryl Delos Reyes (Damien, Jaden)

Siblings/In Laws/Children:
 Daisy Santos (Remedio, Lucinda/Joe, Joanne/Curtis); Maria C. Santos (Alice/†Vic, Lucy/Florencio, Piding/†Toshi, Herman/Bernadette, Orana/Jess, Elaine/Ben, Joseph); †Elphidia S. & †George Gusuel (Rita/Ed, Piding/Terence); Lourdes S. Hocog (†Rosaline, Linda/†Vicente, Lillian/†Roque, Victor, Rosalina, Josepha, Joe/Lani, Jeffrey, †Bernol/Marcella, Lucy Ann, Norma Jean, Teddy/Marie); †Henry C. & †Soledad Santos (†Gabriel/Grace, Josephine, Josepha, Henry Jr., Lucy Ann, Ramon); Rosario S. Santos (Louise/Jason, Julie/Juan, Debra, Arleen/Joe, Tito Jr./Nakita)

Grace Tenorio & Children, Charlene Tenorio & Children, Frances C. Tenorio & Children, Dicta C. Tenorio & Children, Dave/Rose Ayuyu & Children, Margarita Camacho, Merced Flores, Maria Ayuyu, Lina Ayuyu

In Laws/Children:
 Elizabeth A. Attao (Ina (Juanda, Naomi, John Jr., Vicente), Kristine (Kristina/Drew (Roman, William), Samuel, James Jr., †Rosario, Elizabeth), Catherine/Mark (Joseph, Markel, Theresa, Merrick, Markus))

Maria Ramona (Marlene) A. & Ricardo P. Balajadia (Vince/Gina, Ricardo Jr./Jaclyn (Sierra & Liam), Brian/Charlyn (Brian Connor & Cohen John))

Extended Family: Florencia Gacutan & Ronald Mirafior (Joel/Fenny, Richard/Christine)

Special Furry Friends: Skye and Bella

Daily mass is being offered at 6am at Mount Carmel Cathedral. Sunday mass will be offered at 9am.

Funeral services will be held on Friday, August 20, 2021, at Mount Carmel Cathedral. †Aldebert will be brought from Borja Funeral Home to Mount Carmel Cathedral at 9am where last respects may be paid. Mass of Christian burial will be held at 11am.

Un dangkulu na Si Yu'us Ma'ase

CELINA ATTAO CONCEPCION, CHILDREN & FAMILY

Pastimes

Calvin and Hobbes

By Bill Waterson



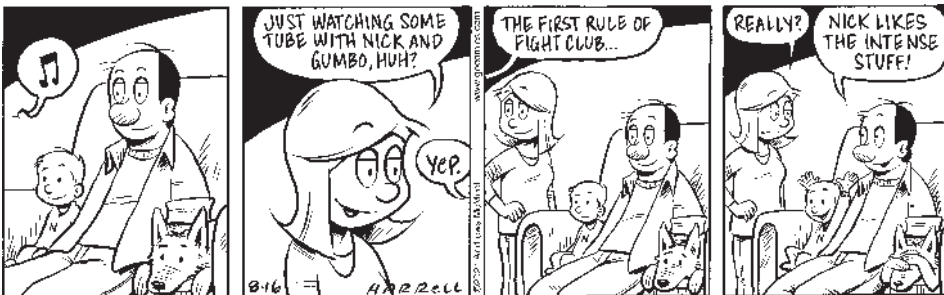
Garfield®

By Jim Davis



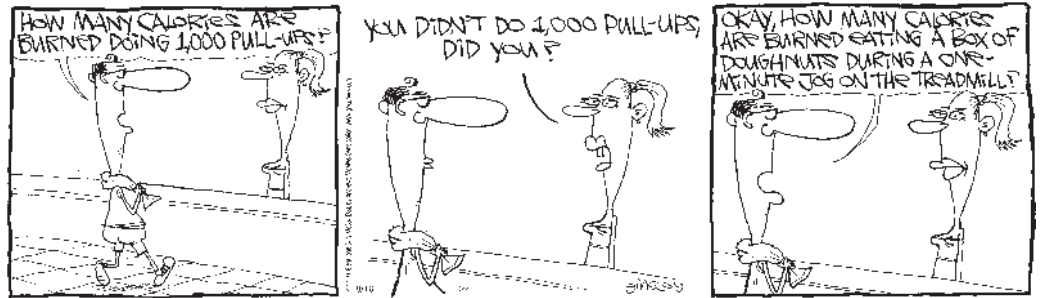
Adam@home

By Bryan Basset



The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS

1 Alamo rival
5 Comedian Margaret
8 Former U.N. leader Annan
12 Olympic race
14 Grand tale
15 Conspicuous
16 Actress Campbell
17 Retrieve
18 Personally gave
20 Cosmetics mogul
23 Slithery
24 Oboe insert
25 Marked
28 Palindromic constellation
29 Shire of "Rocky"
30 Sean, to Yoko
32 More offbeat
34 Rani's dress

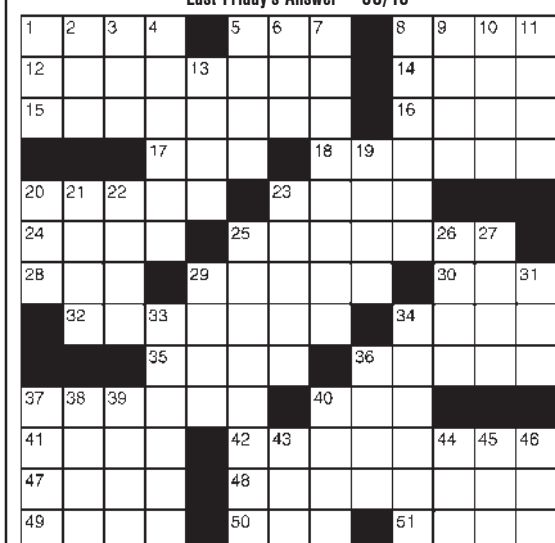
DOWN

1 Bowling alley inits.
2 Kilmer of "Top Gun"
3 Nest egg acronym
4 Drooped
5 Casual talk
6 Sweetie
7 Broadcasting
8 "Song-bird"
9 Pundit's piece
10 Common quilting time
11 Chilled
13 Nest setting
19 Pond growth
20 Notable time
21 Feudal laborer
22 Blue shade
23 Those girls, in French
25 Loyal
26 Jacob's twin
27 Nickelodeon's "Explorer"
29 Boxing stats
31 Little louse
33 Demeans
34 Cube side
36 "Auld Lang —"
37 Wound cover
38 Lima's land
39 Oodles
40 D.C. baseball team
43 Honorary legal deg.
44 Baseball's Hodges
45 ISP giant
46 New Deal agcy.

Solution time: 26 mins.

POI CART ACID
UNS ULAN DES
BEAT POET VEER
BRIE BESE
BREAD FOUR
LILY DOWNBEA
ALL SOLES NKE
BEATNIKS SG-S
HATS PLIES
SHRUG JUAN
LOOM DRUMBEA
IHOP EDNA EPA
DOTS LAOS REP

Last Friday's Answer 08/16



STUMPED?

For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Cameron Monaghan, 28; Steve Carell, 59; Angela Bassett, 63; Madonna, 63.

Happy Birthday: Focus on what you can accomplish this year, and put your muscle power to work for you. A physical display will far exceed harping about your intentions. You can learn plenty if you are mindful of what worked well for you in the past. Make home and family your preferences, and open up with loved ones regarding your long-term plans. Your numbers are 8, 17, 22, 24, 31, 37, 45.

ARIES (March 21-April 19): Don't be fooled by what you hear. Take the time to follow information back to its original source, and question its validity before revealing your opinion. Spend more time on personal gain, updating your appearance and romance. ★★★★★

TAURUS (April 20-May 20): Emotional spending will not ease stress or help depression. Put your wallet away and focus on gathering facts that will help you decide how best to use your skills. Keep up with current trends. ★★

GEMINI (May 21-June 20): Take a pass if someone tries to start an argument. The less you say and the more you do will make a difference between success and failure. Focus on what's important, and keep moving forward. Personal improvements and love are favored. ★★★

CANCER (June 21-July 22): Look for a unique way to get things done on time. Switching things up a bit to suit your current situation will encourage you to be produc-

tive. Stay focused, regardless of what others do or say. Don't let your emotions take over. ★★★

LEO (July 23-Aug. 22): Take a pass if you don't feel passionate about a proposal someone offers. Trust in your ability to do your own thing and make improvements to whatever is lacking in your life. Don't stop until you are satisfied with what you achieve. ★★★★★

VIRGO (Aug. 23-Sept. 22): Emotional matters will escalate if you don't keep your opinions to yourself. Patience will be necessary, and keeping busy will help you avoid an altercation. Think matters through, and be willing to compromise and show respect to those who think differently. ★★

LIBRA (Sept. 23-Oct. 22): Look for options. Don't settle for less than what you want. An opportunity will come your way when you least expect it. Sort through emotional transformations, and focus on what and who makes you happy. Romance is favored. ★★★★★

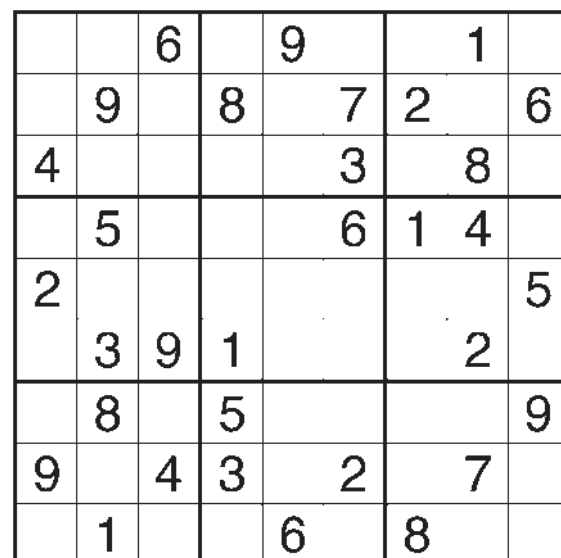
SCORPIO (Oct. 23-Nov. 21): Avoid any drama going on around you. Concentrate on something you feel passionate about, and work alone if possible. Tidy up loose ends, and refuse to let your emotions seep into your ability to get things done on time. ★★

SAGITTARIUS (Nov. 22-Dec. 21): Say less and listen more. Mull over matters before you share your intentions. Protect what you have, and be secretive about your plans. Interference by manipulative individuals will lead to anger and a standoff that will not help you reach your objective. ★★★

SUDOKU

Conceptis Sudoku

By Dave Green



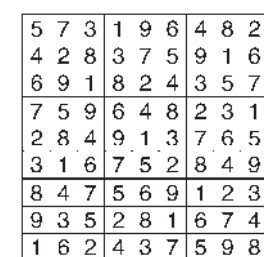
Difficulty Level ★

8/16

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer



Difficulty Level: ★★★★★

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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UNIVERSAL PRESS SYNDICATE

CAPRICORN (Dec. 22-Jan. 19): Gather information, and you'll discover something that interests you. Bring about change at home that will improve your home life and relationships with loved ones. Think outside the box, and a financial gain will come your way. ★★



AQUARIUS (Jan. 20-Feb. 18): Don't let uncertainty be your downfall. Allow your intuition to guide you when it comes to financial and health matters, not your emotions. A partnership will not turn out as planned. Don't put trust in someone you don't know well. ★★★★★



PISCES (Feb. 19-March 20): You'll get an earful from someone who is critical or doesn't understand what you are trying to achieve. Have patience, but don't forgo what you want to do for the sake of someone who is being unreasonable. Move forward on your own. ★★

Birthday Baby: You are innovative, charming and sensitive. You are precise and ambitious.

★: Avoid conflicts; work behind the scenes. ★★: You can accomplish, but don't rely on others. ★★★: Focus and you'll reach your goals. ★★★★★: Aim high; start new projects. ★★★★★: Nothing can stop you; go for gold.

WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

NASAL SPRAYS

Solution: 10 letters

E A S N O R E G A R O T S S S
X D U S T Y N N U R Y S I D B
P M I P S I S O F T V T N E L
I I N R K E C A P S I A O C O
R N N A O I I M A N R D I S C
A I H S T L E G I B U U T E K
T S M A T U H H R S S L A A E
I T D U Y R R C A E T T U S D
O E R O C F U A M M L T S T O E
N R L E S U E C L U H L C N X
E E N I L A S V T C I T A A T
S T S E N I G D E I O D S L R
O L B O I I E E L R O V O A O
O A H A N D H F S O S N E S S
L S R E N I A T N O C T S R E

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8/16

Actuation, Administer, Adults, Allergies, Asthma, Blocked, Brands, Chloride, Colds, Container, Cover, Dextrose, Doctors, Dosage, Dust, Empty, Expiration, Fever, Hand, Hay, Instructions, Label, Loosen, Mist, Mucus, Natural, Nose, Relief, Rhinitis, Runny, Saline, Salt, Seasonal, Shaking, Snore, Sodium, Soft, Snore, Storage, Thin, Virus

Last Friday's Answer: Certified

To purchase WONDERWORD books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Gilbert throws no-hitter as Diamondbacks beat Padres, 7-0


PHOENIX

(AP)—Tyler Gilbert became the first pitcher in 68 years to throw a no-hitter in his first big league start, lifting the Arizona Diamondbacks over the San Diego Padres 7-0 Saturday night with the record-tying eighth no-hitter in the majors this season.

Gilbert joined Bumpus Jones in his major league debut with the Cincinnati Reds on Oct. 15, 1892, and Bobo Holloman for the St. Louis Browns on May 6, 1953, as the only players with a no-hitter in their first start.

The eight no-hitters matched the mark set in 1884, the first year overhand pitching was allowed.

Gilbert (1-1) struck out Trent Grisham and Ha-Seong Kim in the ninth before Tommy Pham lined out to center fielder Ketel Marte. Joyous Diamondbacks players threw their gloves in the air and rushed the mound, mobbing the surprising hero who spent six seasons in the minors and was selected in the Triple-A portion of the Rule 5 draft last winter.

San Diego's Joe Musgrove (8-8) allowed six runs in five innings.

Red sox 16, Orioles 2

In Boston, Chris Sale got the win in his first big league game in two years, and the Red Sox hit five homers.

The 32-year-old Sale (1-0) completed his return from Tommy John surgery by pitching five innings, giving up two runs on consecutive homers by Austin Hays and Trey Mancini in the third.

The Orioles dropped their 10th straight game.

Rafael Devers got Boston off to a fast start with a three-run homer in the first against Jorge López (3-13). J.D. Martinez hit a three-run homer and Bobby Dalbec added a solo shot during a seven-run fifth inning—right after Sale left to a loud ovation.

Dalbec hit his second solo homer an inning later, and Hunter Renfroe connected in the eighth.

Sale last pitched in the majors when he started on Aug. 13, 2019. The seven-time All-Star had surgery on his 31st birthday—March 30, 2020—and missed last year's pandemic-shortened season.

Yankees 7, White sox 5, 10 innings

In Chicago, Joey Gallo hit a two-run shot in the 10th inning for his second homer of the game, sending the Yankees to the win.

Two days after Tim Anderson's game-ending drive lifted Chicago to a 9-8 victory in the Field of Dreams game in Iowa, the teams delivered another dramatic ending.

Aaron Judge's solo shot off Craig Kimbrel put New York



Arizona Diamondbacks starting pitcher Tyler Gilbert celebrates with teammates after his no-hitter against the San Diego Padres in a baseball game Saturday, Aug. 14, 2021, in Phoenix.

AP

ahead 4-3 in the eighth, but Jose Abreu tied it with a two-out solo drive against Chad Green (7-5) in the ninth.

Liam Hendriks (7-3) got the loss, allowing three runs.

Anderson had a chance to be the hero again, but he grounded out with the bases loaded against Albert Abreu to end the game. It was Albert Abreu's first career save.

Astros 8, Angels 2

In Anaheim, Calif., Jake Meyers hit the first two home runs of his career, including a grand slam, and the Astros shook off Shohei Ohtani's major league-leading 39th homer.

Luis Garcia (9-6) recovered from a wobbly start to pitch six strong innings for Houston. Meyers, playing in his seventh career game and making his second start, was in right field after Kyle Tucker was placed on the injured list for health and safety protocols.

Yordan Alvarez had three hits and two RBIs as the Astros scored three or more runs in their 22nd consecutive game to set a club record.

Angels right-hander Jaime Barria (2-1) allowed three runs in three innings.

Mariners 9, Blue Jays 3

In Seattle, Toronto center fielder George Springer departed with an ankle injury.

Luis Torrens' three-run homer off Trevor Richards in the seventh inning lifted the Mariners to their fourth straight win. Jarred Kelenic followed with his sixth homer, making it 6-3.

Springer hurt his left ankle while attempting to catch Ty France's leadoff triple off the top of the wall in right-center in the seventh.

Abraham Toro singled in Mitch Haniger and Torrens added a two-run double in the eighth. Keynan Middleton (1-

2) got the win.

Toronto left-hander Hyun Jin Ryu (11-6) yielded four runs and three hits in 6 1/3 innings.

Braves 12, Nationals 2

In Washington, Ozzie Albies homered for the fourth straight game for Atlanta, and Dansby Swanson had two homers and six RBIs.

Albies' 22nd homer—a two-run shot off Patrick Corbin (6-12) in the fifth inning—landed in the Washington bullpen in left-center field.

Atlanta won for the ninth time in 11 games. It is tied with Philadelphia for the top spot in the NL East.

Braves left-hander Max Fried (10-7) allowed one earned run in six innings.

The rebuilding Nationals have lost 11 of 12 and are 10-29 since July 1.

Cardinals 9, Royals 4

In Kansas City, Mo., Nolan Arenado homered and drove in four runs, leading St. Louis to its fifth straight win.

Paul Goldschmidt drove in three runs for the Cardinals, and Edmundo Sosa went 4 for 4.

St. Louis broke it open when it scored four times with two out in the seventh. Goldschmidt hit a two-run single before Arenado went deep, sending a drive to left for his 24th homer.

Jon Lester (4-6) got his first win since he was acquired in a trade with Washington on July 30. The left-hander permitted one run and seven hits in 5 2/3 innings.

Kansas City right-hander Brad Keller (7-12) allowed four runs, three earned, and seven hits in 6 2/3 innings.

Phillies 6, Reds 1

In Philadelphia, Matt Moore and the Phillies bullpen took a no-hitter into the eighth inning.

Moore (2-3) threw six scoreless innings but was pulled after 76 pitches. Héctor Neris pitched a 1-2-3 seventh with two strikeouts before Archie Bradley allowed Tyler Stephenson's homer leading off the eighth.

Andrew McCutchen and Ronald Torreyes homered for the Phillies, who began the day tied with Atlanta for the NL East lead. It was just the Phillies' second win in the last five since an eight-game winning streak vaulted them into first place.

Reds right-hander Luis Castillo (6-12) permitted three runs and five hits in 6 2/3 innings.

Tigers 6, Indians 4

In Detroit, Miguel Cabrera is still looking for his 500th career homer, but his leadoff walk sparked Detroit's two-run eighth inning.

Cabrera singled, flied out, was hit by a pitch and walked. The last two results drew loud boos from the crowd of 32,845, hoping to see the milestone homer.

Eric Haase's bloop two-run single against Bryan Shaw (5-6) put the Tigers ahead to stay in the eighth.

Michael Fulmer (5-4) got three outs for the win. Gregory Soto pitched the ninth for his 15th save.

Dodgers 2, Mets 1, 10 innings

In New York, Cody Bellinger hit a tiebreaking double in the 10th inning to lift the Dodgers over the Mets after Will Smith homered in the seventh for the first hit off New York starter Taijuan Walker.

The 10-inning win was the second in two nights for the Dodgers, who were 1-12 in extra-inning games entering the series opener Friday.

Yennsy Diaz (0-2) struck

out Chris Taylor before Bellinger, who hooked a potential go-ahead double just foul down the first-base line in the seventh, laced one a few feet inside the line this time to score automatic runner Corey Seager.

Phil Bickford (2-1) got the final two outs of the ninth and struck out the first two batters in the 10th before Corey Knebel retired Brandon Nimmo to earn his third save.

Rockies 4, Giants 1

In San Francisco, Kyle Freeland pitched six strong innings to win his third straight start, and the Rockies snapped the Giants' six-game winning streak.

C.J. Cron hit his 19th homer for Colorado, and Trevor Story doubled twice and scored two runs. Brendan Rodgers singled to extend his hitting streak to 16 games.

The Rockies had lost five straight away from home and were 13-44 on the road before Freeland (4-6) and two relievers held down the Giants. Daniel Bard pitched the ninth for his 19th save.

Evan Longoria singled and scored in his return to the Giants after missing more than two months with a left shoulder sprain. Dominic Leone (2-2) got the loss.

Twins 12, Rays 0

In Minneapolis, Kenta Maeda pitched six effective innings for Minnesota, and Luis Arraez hit a two-run homer.

Max Kepler, Brent Rooker and Ryan Jeffers also went deep for the Twins, who won for the third time in four games. Maeda (6-4) allowed three singles, struck out four and walked one.

Tampa Bay entered the game having scored at least eight runs in seven straight games on its road trip, just the third team to accomplish that

feat in the modern era, according to STATS. It was shut out for the first time since July 17.

Michael Wacha (2-4) gave up seven runs and 11 hits in five innings for the Rays.

Athletics 8, Rangers 3

In Arlington, Texas, third baseman Matt Chapman hit two of Oakland's five solo homers and made a spectacular diving catch running into the outfield.

Matt Olson hit his 30th homer before Mitch Moreland and Seth Brown also went deep for the A's, who won for the 12th time in 15 games.

Moreland led off the seventh with an opposite-field shot to left-center to snap a 3-all tie, and Chapman immediately followed with a 407-foot drive to left. That chased Rangers starter Jordan Lyles (5-10), who has allowed 31 homers this season.

Andrew Chafin (1-2) worked 1 2/3 scoreless innings for the win.

Marlins 5, Cubs 4

In Miami, Magneuris Sierra hit a tiebreaking single in the eighth inning, sending the Marlins to the victory.

Brian Anderson homered and drove in four runs for Miami, which earned its third consecutive victory. Dylan Floro (4-4) got the win, and Anthony Bender pitched a perfect ninth for his third save.

Chicago committed four errors in its 10th straight loss, including three by shortstop Sergio Alcántara. It's the second double-digit losing streak for the Cubs after they dropped 11 in a row between June 25 and July 6.

Codi Heuer (4-2) got the loss, allowing two unearned runs.

Pirates 14, Brewers 4, Game 1 Brewers 6, Pirates 0, Game 2

In Pittsburgh, rookie Aaron Ashby and three relievers combined on a four-hitter, leading Milwaukee to a split of a day-night doubleheader.

In the first game, Kevin Newman tied a major league record with four doubles, and the Pirates snapped an eight-game losing streak.

Ashby allowed three hits in four innings in the nightcap. Brad Boxberger (5-3), Devin Williams and Hunter Strickland worked one inning each to finish the seven-inning game.

Milwaukee won for the fifth time in six games and leads the NL Central by eight games over Cincinnati.

Pittsburgh's Mitch Keller (3-10) allowed two runs in 4 1/3 innings.

In the opener, Newman doubled in each inning from the third through the sixth. He also scored four times.

Chasen Shreve (1-0) got the win. Milwaukee's Brett Anderson (4-6) was tagged for six runs in 3 1/3 innings.

Henley shoots 69 to lead by 3 after third round at Wyndham

WYNDHAM
CHAMPIONSHIP

GREENSBORO, N.C. (AP)—Russell Henley was grateful to get through the round with the lead at the Wyndham Championship. He hopes to hold on for 18 more holes for his first PGA Tour victory in four years.

Henley shot a 1-under 69 on Saturday to take a three-stroke lead.

Henley, who tied the lowest 36-hole score on tour this year, couldn't keep up that pace at Sedgefield Country Club. Yet, he rolled in a 33-foot putt for eagle on the par-5 15th and went on to finish at 15-under 195 as he tries to win his fourth career title and first since the 2017 Shell Houston Open.

Henley acknowledged he was edgy enter the round with his large lead. "That's not going to happen every time and these rounds are kind of what make and break really good tournaments," he said. "So I'm really thankful to be under par today."

Tyler McCumber, the son of 10-time tour winner Mark McCumber, shot a 66 and was at 12 under in second. He's winless on the tour.

The group of six four shots behind at 11 under included



Russell Henley hits his tee shot on the second hole during the third round of the Wyndham Championship golf tournament at Sedgefield Country Club in Greensboro, N.C., Saturday, Aug. 14, 2021.

AP

three playoff outsiders in Rory Sabbatini, Scott Piercy and Roger Sloan now on track to tee it up in the 125-man field for the postseason that starts next week at The Northern Trust.

Sabbatini, the Olympic silver medalist last month, has used his momentum from Tokyo to make a charge in the playoff standings. His 69 included a birdie on the 17th hole that moved him from outside the postseason—he began

the week at No. 141—to a projected place of No. 122.

Piercy, too, continued his charge into the tour playoffs with a 68. He was first man out of the playoffs at No. 126 when the week began. But his third straight round in the 60s projected him to 93rd.

Sloan also needed a big week to continue his season and he's gotten it so far with a second straight 64 to move from 131st in the playoff

standings to No. 102.

Others tied at 11 under were Branden Grace, Kevin Kisner and Kevin Na. Grace shot 64, Kisner 66 and Na 67.

Former FedEx Cup champion Justin Rose, who started the week 138th in the standings, shot 69 after a bogey on the final hole. He's 126th in the projections.

There are no guarantees that current results mean anything come the next

round—or next hole. Just ask Tyler Duncan, who made five birdies on his front nine to move up 61 spots in the playoff standings to 101st.

But Duncan played the back nine at 3 over for a 69—and dropped to 150th by round's end.

It won't be a normal final round either as the PGA Tour will start earlier with the first golfers going off at 7 a.m. to beat expected bad weather lat-

er in the day. Golfers will also go off in threesomes and from the first and 10th tees.

Henley, who entered at No. 46, was locked into the playoffs long before this event began. He's focused on finishing out the victory, something he could not two months ago when he was in a three-way tie for the top after three rounds of the U.S. Open.

Henley shot a final-round 76 at Torrey Pines to fall back.

He looked as if he'd regained his form with his eagle on No. 15. But Henley missed a 13-foot par putt on the 18th to drop a shot.

Henley hopes to get away from golf for a few hours tonight, knowing he's got an earlier start than normal.

"I think just trying to get a good meal and get your mind away from it if you can," he said.

McCumber's career best came this year with a second at the Puntacana event in the Dominican Republic last September. He had missed his past six cuts before getting hot this week.

"You've got to stay in the process and I feel like I've been doing that pretty well and getting rewarded for it through the first three rounds this week, so taking that momentum into tomorrow," he said.

LA Clippers re-sign injured superstar Kawhi Leonard

LOS ANGELES (AP)—Kawhi Leonard is staying in Los Angeles after the Clippers re-signed their free-agent superstar on Thursday.

Leonard averaged 26 points, 6.8 rebounds and five assists in his first two seasons with his hometown team.

He suffered a partially torn right ACL during the playoffs and missed the Clippers' first Western Conference finals appearance. Leonard had surgery on his knee a month ago. The team has said there's no timetable for his return, and it's possible he could miss a good portion of the upcoming season while rehabbing.

Leonard declined his \$36 million option last week, setting up his ability to sign a maximum contract worth 35% of the team's salary cap and allowing him to earn upwards of \$3 million more for the 2021-22 season.

By re-signing Leonard, the Clippers are guaranteed to have him and Paul George in the fold for the next few seasons. George signed a maximum contract extension last December. Leonard is from nearby Moreno Valley, and Paul is from Palmdale, north of Los Angeles.

The five-time All-Star aver-



In this May 31, 2021, file photo, Los Angeles Clippers forward Kawhi Leonard looks to pass the ball during the team's NBA basketball game against the Charlotte Hornets in Charlotte, N.C.

AP

aged 24.8 points, 6.5 rebounds and a career-high 5.2 assists last season, while shooting 51% from the field and 88% from the line. He was named to his seventh All-Defensive team and his third All-NBA first team last season.

Leonard was even better in the postseason. He averaged 30.4 points, 7.7 rebounds and 4.4 assists in 11 games. He first got injured in Game 4 of the Clippers' second-round series against the Utah Jazz. He was

held out of the last eight postseason games, including the Clippers' 4-2 loss to the Phoenix Suns in the West finals.

He still had a presence around the team, despite being unable to play.

"Kawhi is a transcendent player and a relentless worker who improves himself every day," said Lawrence Frank, president of basketball operations. "We share many of the same goals, which include a long-term relationship."

Frank said the Clippers will "do whatever we can" to support Leonard in his injury rehab.

"We look forward to seeing him back where he wants to be, on the court with his teammates," Frank said.

Leonard joined George, Reggie Jackson, Terance Mann and Luke Kennard courtside to watch the Clippers' rookies in the NBA Summer League in Las Vegas this week. Leonard wasn't wearing a brace on his right leg.

NBA BRIEFS

Thanasis Antetokounmpo (Giannis' brother) staying with Bucks

MILWAUKEE (AP)—Forward Thanasis Antetokounmpo has re-signed with the Milwaukee Bucks.

Antetokounmpo, an older brother of Bucks forward and two-time MVP Giannis Antetokounmpo, has played for Milwaukee each of the last two seasons. The 6-foot-6 forward played 57 games with three starts this past season and averaged 2.9 points, 2.2 rebounds and 9.7 minutes.

The 29-year-old Antetokounmpo appeared in 13 playoff games during the Bucks' run to the NBA title.

He has played in 79 career regular-season games. Antetokounmpo played two games for the New York Knicks in 2015-16.

"Thanasis brings energy, effort and tenacity every minute of every game," Bucks general manager Jon Horst said in a statement "He's a valuable part of our team and we're excited to have him remain in Milwaukee."

Clippers re-sign Nic Batum to complete free agent signings

LOS ANGELES (AP)—The Los Angeles Clippers on Friday re-signed free agent Nicholas Batum, who revived his career during last season's pandemic-shortened schedule.

He signed his new contract in his native France during a livestream on the team's Instagram account. With Batum locked up, the team has retained all of its free agents who helped lead the Clippers to their first Western Conference finals appearance in franchise history.

The 32-year-old forward averaged 8.1 points, 4.7 rebounds and 2.2 assists in 67 games while shooting 40% from the field last season.

In the playoffs, Batum had similar averages while playing 29 minutes a game.

"Nico is a terrific player, a selfless teammate and a consummate professional, who lifts us in a lot of different ways," said Lawrence Frank, president of basketball operations. "He fit in perfectly from the beginning, and we're grateful he's chosen to return."

Batum played for France in the Tokyo Olympics, losing to the United States in the gold medal game, 87-82.

Triton Athletics to hold tryouts for three varsity sports



The University of Guam Triton Athletics Department will be holding a second round of tryouts this coming Monday to fill its team rosters for baseball as well as women's basketball and soccer. Tryouts for the three varsity sports are open to all current and incoming UOG students registered for the fanuchanan (August-December) semester.

Tryouts are set for:

- **Baseball:** 4pm-6:30pm, Aug. 16, at the George Washington High School baseball field
- **Women's Soccer:** 4pm-6:30pm, Aug. 16, at the UOG soccer field behind the Calvo Field House
- **Women's Basketball:** 7pm-9:30pm., Aug. 16, at the Calvo Field House

"We're hoping to complete our team rosters to give our student-athletes the opportunity to compete at the varsity level. We have 10 slots open for women's basketball, 10



Former head coach Roderick Hidalgo of the Triton Women's Soccer Team times players on a ball-handling drill during practice in 2019. From left, Hidalgo, Ariya Cruz, Elisha Benavente, and Mellanne Rasmussen.

TRITON ATHLETICS

slots open for women's soccer, and eight slots open for baseball," said UOG Athletics Director Doug Palmer. "Whether they're new to the sport or seasoned athletes, we

welcome students at all levels to participate in tryouts."

Athletic grants available

Athletic grants can be earned

at the discretion and recommendation of the head coach with the approval of the athletics director. Eligible students will have the opportunity to earn up to \$2,000 each to help

cover the cost of tuition for the Fanuchanan 2021 semester. To be eligible, students must have a 2.50 GPA, first-time freshmen must have a 3.0 GPA out of high school, and transfer students must have a 2.50 GPA.

Participation requirements

Current UOG students must be taking at least six credits and have a 2.00 GPA. First-time freshmen must have a 2.50 GPA out of high school to play their first semester at the university. Transfer students must have a 2.00 GPA from their previous school to play at UOG.

All students participating in tryouts must provide proof of partial or full vaccination or a negative COVID-19 test within seven days of the tryout date. Prior to playing in outside competition, student-athletes must obtain an athletic physical and be fully vaccinated.

To submit COVID-19 documents and for more information on the tryouts, call Doug

Palmer at (671) 735-2862 or email palmerd@triton.uog.edu. Open registration for Fanuchanan 2021 is ongoing. Visit www.uog.edu/registration or call (671) 735-2214 for more information. (PR)

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE

| East Division | W | L | Pct | GB |
|---------------|----|----|------|-------|
| Tampa Bay | 71 | 46 | .607 | — |
| Boston | 68 | 51 | .571 | 4 |
| New York | 64 | 52 | .552 | 6 1/2 |
| Toronto | 62 | 54 | .534 | 8 1/2 |
| Baltimore | 38 | 77 | .330 | 32 |

Central Division

| | | | | |
|-------------|----|----|------|----|
| Chicago | 68 | 49 | .581 | — |
| Detroit | 58 | 61 | .487 | 11 |
| Cleveland | 56 | 59 | .487 | 11 |
| Minnesota | 51 | 66 | .436 | 17 |
| Kansas City | 49 | 66 | .426 | 18 |

West Division

| | | | | |
|-------------|----|----|------|--------|
| Houston | 70 | 46 | .603 | — |
| Oakland | 68 | 49 | .581 | 2 1/2 |
| Seattle | 63 | 55 | .534 | 8 |
| Los Angeles | 58 | 60 | .492 | 13 |
| Texas | 41 | 76 | .350 | 29 1/2 |

NATIONAL LEAGUE

| East Division | W | L | Pct | GB |
|---------------|----|----|------|-------|
| Atlanta | 61 | 56 | .521 | — |
| Philadelphia | 61 | 56 | .521 | — |
| New York | 59 | 57 | .509 | 1 1/2 |
| Miami | 50 | 67 | .427 | 11 |
| Washington | 50 | 67 | .427 | 11 |

Central Division

| | | | | |
|------------|----|----|------|--------|
| Milwaukee | 71 | 47 | .602 | — |
| Cincinnati | 63 | 55 | .534 | 8 |
| St. Louis | 60 | 56 | .517 | 10 |
| Chicago | 52 | 67 | .437 | 19 1/2 |
| Pittsburgh | 42 | 75 | .359 | 28 1/2 |

West Division

| | | | | |
|---------------|----|----|------|--------|
| San Francisco | 75 | 42 | .641 | — |
| Los Angeles | 71 | 46 | .607 | 4 |
| San Diego | 66 | 53 | .555 | 10 |
| Colorado | 52 | 65 | .444 | 23 |
| Arizona | 38 | 80 | .322 | 37 1/2 |

WYNDHAM CHAMPIONSHIP SCORES

THIRD ROUND

| | |
|----------------------|--------------|
| Russell Henley | 62-64-69-195 |
| Tyler McCumber | 65-67-66-198 |
| Branden Grace | 66-69-64-199 |
| Roger Sloan | 71-64-64-199 |
| Kevin Kisner | 65-68-66-199 |
| Kevin Na | 68-64-67-199 |
| Scott Piercy | 64-66-69-199 |
| Rory Sabbatini | 66-64-69-199 |
| Adam Scott | 66-70-64-200 |
| Hudson Swafford | 64-69-67-200 |
| Kevin Streelman | 66-66-68-200 |
| Justin Rose | 66-65-69-200 |
| Tyler Duncan | 69-62-69-200 |
| Webb Simpson | 65-65-70-200 |
| Will Zalatoris | 68-68-65-201 |
| Brendon Todd | 69-67-65-201 |
| Ben Taylor | 68-68-65-201 |
| Adam Hadwin | 64-71-66-201 |
| Sungjae Im | 66-68-67-201 |
| Si Woo Kim | 66-68-67-201 |
| Sung Kang | 64-69-68-201 |
| Sebastián Muñoz | 66-67-68-201 |
| Harry Higgs | 70-67-65-202 |
| K.H. Lee | 67-68-67-202 |
| Cameron Percy | 67-67-68-202 |
| John Augenstein | 68-65-69-202 |
| Chris Kirk | 64-69-69-202 |
| C.T. Pan | 68-69-66-203 |
| Anirban Lahiri | 67-69-67-203 |
| Nick Taylor | 65-71-67-203 |
| Aaron Wise | 66-70-67-203 |
| Byeong Hun An | 69-66-68-203 |
| Denny McCarthy | 65-69-69-203 |
| Mackenzie Hughes | 70-63-70-203 |
| Brian Stuard | 65-66-72-203 |
| Sepp Straka | 66-71-67-204 |
| Matt Kuchar | 66-67-71-204 |
| Alex Smalley | 68-64-72-204 |
| Johnson Wagner | 68-69-68-205 |
| Brice Garnett | 69-68-68-205 |
| Kevin Tway | 66-71-68-205 |
| Russell Knox | 74-63-68-205 |
| Beau Hossler | 68-69-68-205 |
| Mark Hubbard | 67-70-68-205 |
| Brian Gay | 70-66-69-205 |
| Kiradech Aphibarnrat | 66-68-71-205 |
| David Lingmerth | 68-67-70-205 |
| Harold Varner III | 67-67-71-205 |
| Jhonattan Vegas | 65-68-72-205 |
| Sam Ryder | 68-65-72-205 |
| Chesson Hadley | 68-69-69-206 |
| Matt Jones | 69-68-69-206 |
| Rob Oppenheim | 66-71-69-206 |
| Bubba Watson | 67-69-70-206 |
| Jason Dufner | 71-65-70-206 |
| Keith Mitchell | 67-68-71-206 |
| Camilo Villegas | 68-67-71-206 |
| Tommy Fleetwood | 66-68-72-206 |
| Mark Anderson | 66-71-70-207 |
| Austin Eckroat | 68-69-70-207 |
| Richy Werenski | 67-70-70-207 |
| James Hahn | 68-67-72-207 |
| Erik van Rooyen | 65-69-73-207 |
| Bronson Burgoon | 65-68-74-207 |
| Robert MacIntyre | 69-68-71-208 |
| Michael Kim | 67-69-72-208 |
| Seamus Power | 67-70-72-209 |
| Andrew Landry | 65-72-72-209 |
| Michael Gilgic | 65-71-73-209 |
| Nelson Ledesma | 69-67-74-210 |
| Ben Martin | 67-67-76-210 |
| Chris Baker | 67-70-74-211 |
| Nate Lashley | 68-68-75-211 |
| Rafael Campos | 66-70-77-213 |

BY THE ASSOCIATED PRESS

BACHANI

From Page 19

part in one track and field event in his young life but it wasn't the first time he ran up the 800-foot Suicide Cliff.

"It's my second time to try the route. Going uphill is one of my favorites," he said.

Chisato, for her part, said running up Suicide Cliff was a great experience but still hard to do.

"The run was a little bit tiring and challenging since it's going uphill. I practiced before with my friend," said the 45-year-old Cuyapo, Nueva Ecija, Philippines native.

What makes her first place finish in the race more amazing is Chisato only started running as a hobby last January.

Officially called Underground 5K 21.7, the race saw new faces atop the leaderboard after usual top runners either begged off or were simply late for the competition.

Run Saipan coordinator Edward Dela Cruz said Shuji Kuroda and Michiteru Mita had prior commitments and Tania Tan was still under home quarantine. As for Marshall Hoskins and Tania Cabrera, they were simply late for the 6:15am start time.

"I just woke up late. They don't need a handicap [from



Hoskins

me] those runners are powering especially at that hill on the end. I couldn't catch them. It was a good run. I would have to say though that running up to Mt. Tapochao was harder. This, you have like flat parts and going down but you also have pretty intense climbs. I'll set an earlier alarm next time. That's all

I need," said Hoskins, who completed the race in 29:26 but had a split time of 25:26 if you take into account the 5-minute "head start" he gave to Bachani and company.

Cabrera still finished third for the women with a time of 38:32. Her split time was 34:27. Coming in second for the women is another relative-



Cabrera

ly new runner, Ann Bang, who negotiated the course in 37:44.

As for the rest of the Top 3 for the men, Taro Goto was second with a time of 26:38, followed by Cody Shimizu at third with a time of 28:48.

"Amazing job to all our runners today that tackled the tough incline course of Suicide [Cliff]. Strong work and

games on Friday, five games on Saturday, and five more games on Sunday.

All proceeds will go toward the purchase of a shooting machine for the NMI Rollers Basketball Association.

For more information, call Diaz at 285-4141 or email him joediaz41@gmail.com.

RBA

From Page 19

COVID-19 pandemic essentially cancelled all sports activities.

All 14 slots have been filled and the registered teams include Sochos 1 and Sochos 2 of coach Matt Iguel, Kagman

K2 Ballers of coach Tom Pangelinan, San Antonio Sixers of coach David Apatang Jr., Rollers 1 of coach Mike Mercado,

Rollers 2 of coach Joe Diaz, The Game of coach Clint Albert, Ol'Aces of coach Elias Rangamar, Marianas Dental Center of coach Henry Mani-

Blu Haus of coach Dan Chan, Bolabols of coach Joel Saplan, and Connie's BBQ of coach Edong Echavez.

A team can have a maximum of 15 players in its rosters and entry fee is \$250 per team.

NMI Rollers Men's Basketball Tournament will have two



Gilbert throws no-hitter as Diamondbacks beat Padres, 7-0

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Saipan Tribune Sports

Triton Athletics to hold tryouts for three varsity sports

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SAIPAN TRIBUNE

20 MONDAY, AUGUST 16, 2021

Bachani, Chisato conquer 'Stairway to Heaven'



Bachani



Participants of Run Saipan's Underground 5K 21.7 "Stairway to Heaven" race pose for a group photo after completing the lung-busting course at Suicide Cliff in Marpi.

MARK RABAGO

By **MARK RABAGO**
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Dev Bachani and Rosemarie Chisato were on Cloud 9 last Saturday after topping Run Saipan's "Stairway to Heaven" race from the Last Command Post to Suicide Cliff in Marpi.

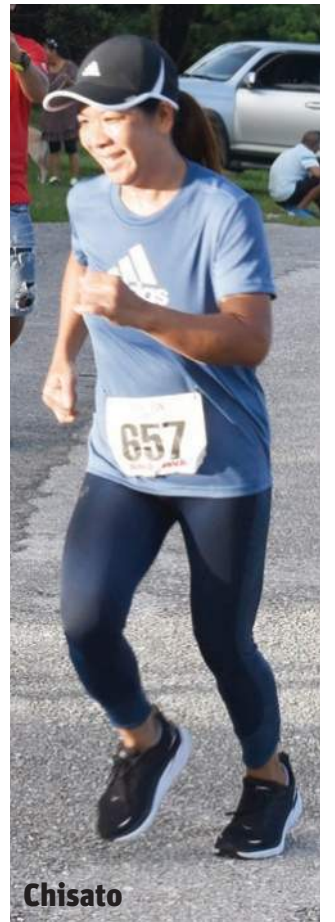
Bachani completed the uphill race in a lung-busting time of 25:43, while Chisato touched the rail at southern end of Suicide Cliff in 33:52.

"It was good and it was



challenging but at the end there was a good reward—finishing," said the 16-year-old Bachani.

The Marianas High School student said he has only took
See BACHANI on Page 19



Chisato

Atalig tops HANMI golf tourney

By **MARK RABAGO**
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ASSOCIATE EDITOR

Many time CNMI national golfer J.J. Atalig won the 19th Annual HANMI Charity Classic Golf Tournament held last Saturday at the Coral Ocean Resort.

Atalig, who shot a net score of 68 to win the championship of the double Peoria competition, said winning the HANMI tourney came as a complete surprise for him.

"I did not expect to win, it was all luck with the drawing of the holes. Course conditions were awesome and it was a great day for golf," he told *Saipan Tribune*.

It was so unexpected that by the time Atalig's name was announced as the winner, he was nowhere in sight as he already left the awards banquet.

Yuko Togawa came in second with a net score of 69.4 with Younghee Yoo finishing third with a net score of 69.6. Ben Jones Jr. and Peter Mendiola completed the Top 5 with net score of 69.8 and 70.2, respectively.

The rest of the Top 9 are Yang Kim (70.2), Chris Groves (70.4), Franco Santos (70.6), and Ray Quintanilla (70.8). Organizers also gave special



Five of the Top 9 of the 19th Annual HANMI Charity Classic Golf Tournament pose for a group photo during the awards banquet held last Saturday at the Coral Ocean Resort.

MARK RABAGO

awards to random place finishers Dan Ganacias (No. 19 with a net score of 71.8), Meae Jeon (No. 39, 73.2), Edward Reyes Jr. (No. 99, 76.2), and Mamoru Watanabe (No. 119, 77.8). The latter finished last in the tournament.

The 19th Annual HANMI Charity Classic Golf Tournament will benefit the 2022 Northern Marianas Pacific

Mini Games, which will bring an estimated 2,000 visitors to the CNMI in June of next year.

The Hotel Association of the Northern Mariana Islands thanked the many sponsors of the event. Presidential Suite Sponsors for this year's tournament donating \$2,000 or more are the Tan Siu Lin Foundation and Marianas Visitors Authority. Deluxe

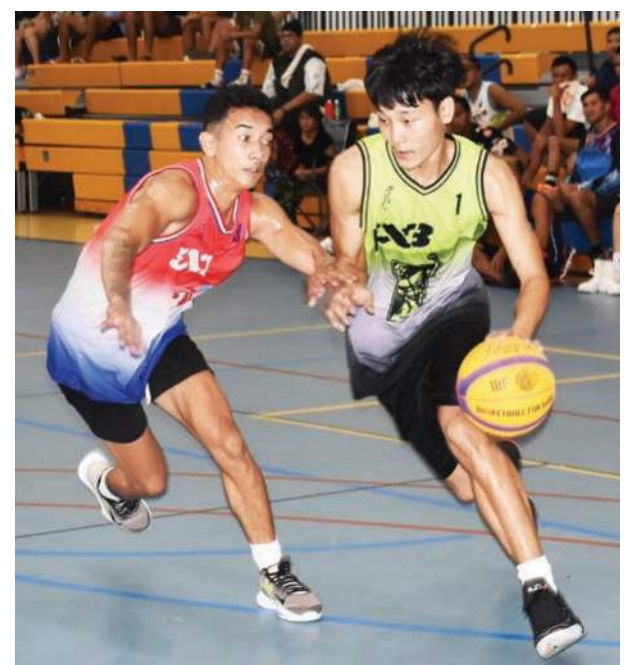


Package Sponsors donating \$1,000 or more are Bridge Capitol LLC and Pacific Eco Laundry. Superior Package Sponsors donating \$750 or more are GrandVrio Resort Saipan, Saipan World Resort, Kanoa Resort Saipan, IT&E, Kautz Glass, and Shirley's Coffee Shop. VIP Package Sponsors donating \$500 or more are Armatech, Ben's International Corp., Chung Nam Corp., Chong's Corp., Dial Rent to Own, DOCOMO Pacific Saipan, Ernst and Young, Ina's Kitchen, Japan Saipan Travel Association, Kensington Saipan Hotel, Pacific Islands Club Saipan, Pacific Saipan, and Art Man Environment Corp.

Cash sponsors include Island Training Solutions, Korean Community of Saipan, Century Hotel, Lao Lao Bay Golf & Resort, Yaong Corp. K.L. Carr Ent., Sky Tour, Hana Tour, Mode Tour, Yes Tour, Oleai Beach Bar & Grill, and Pacific Eagle.

Donating a combination of cash and in-kind donations were Hyatt Regency Saipan, The Hut, Aqua Resort Club, Armatech, and IP&E Shell Marianas. The tournament was also supported by numer-

See ATALIG on Page 19



NMI Rollers Basketball Association will hold its first ever open 5x5 basketball tournament next weekend. File photo shows Coby Santos driving against Mak Mintac in the recent Marianas Islands Basketball League 3x3 Season 2 tournament at the Marianas High School Gymnasium.

MARK RABAGO

RBA to hold 1st open tourney

By **MARK RABAGO**
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ASSOCIATE EDITOR



NMI Rollers Basketball Association will hold its first ever open 5x5 basketball tournament from Aug. 20 to 22 at the Koblerville Gymnasium.

RBA founder Joe Diaz said the three-day tournament is dubbed the Inaugural NMI Rollers Men's Basketball Tournament and will have a double-elimination format with FIBA rules and 10-minute quarters. It also marks the first men's full-court basketball in the open division on island since the

See RBA on Page 19